



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK FOUR
WEEK COMMENCING:
SEP 04, OCT 2, OCT 30,
NOV 27, JAN 01, JAN 29

MONDAY

MAIN COURSES

Oven Baked Chicken
Goujons

TUESDAY

MAIN COURSES

Ham & Cheese Pizza

WEDNESDAY

MAIN COURSES

Roast Gammon & Rich
Gravy

THURSDAY

MAIN COURSES

Chicken Curry & Naan
Bread

FRIDAY

MAIN COURSES

Beef Bolognaise
or

Chicken & Pasta Bake

SIDES

Baton Carrots

SIDES

Baked Beans/Coleslaw

and

Diced Potatoes

and

Chipped Potatoes

DESSERT

Melon, Mandarin &
Pineapple Pot

SIDES

Cauliflower

and

Mash Potato

DESSERT

Jelly & Mandarin Oranges

SIDES

Green Beans

and

Steamed Rice

DESSERT

Ice Cream, Pears &
Chocolate Sauce

SIDES

Garden Peas

and

Spaghetti Pasta

DESSERT

Homemade Ginger
Biscuit & Fruit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL



EAT SMART WITH

THE LUNCH BUNCH

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WEEK THREE

WEEK COMMENCING:
AUG 28, SEP 25, OCT 23,
NOV 20, DEC 18, JAN 22

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

TUESDAY

MAIN COURSES

Beef Bolognaise

WEDNESDAY

MAIN COURSES

Roast Beef & Rich Gravy

THURSDAY

MAIN COURSES

Chicken Curry & Naan
Bread

FRIDAY

MAIN COURSES

Tasty Pork Sausages with
Tomato Ketchup or Gravy

SIDES

Baked Beans/Broccoli

SIDES

Garden Peas

SIDES

Carrot & Parsnip

SIDES

Carrot Batons

SIDES

Sweetcorn &
Baked Beans

and

Diced Potatoes

and

Spaghetti Pasta

and

Mashed Potato

and

Steamed Rice

and

Chipped Potato

DESSERT

Artic Roll with
Oranges

DESSERT

Fresh
Fruit Pot

DESSERT

Date Cake
& Custard

DESSERT

Muffin

DESSERT

Melon
Wedge

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FRESH FRUIT AVAILABLE DAILY

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WEEK TWO

WEEK COMMENCING:
SEP 18, OCT 16, NOV 13,
DEC 11, JAN 15, FEB 12

MONDAY

MAIN COURSES

Sausage
Roll

TUESDAY

MAIN COURSES

Irish Stew

Or

Tomato & Basil Pasta

WEDNESDAY

MAIN COURSES

Roast Chicken & Rich Gravy

Or

Salmon Bites

THURSDAY

MAIN COURSES

Chicken Curry

FRIDAY

MAIN COURSES

Beef Burger with Tomato
Ketchup

SIDES

Baked Beans
and Garden Peas

and

Chipped Potato/

DESSERT

Ice Cream & Chocolate
Sauce

SIDES

Sweetcorn

and

Crusty Baked Bread

DESSERT

Homemade Iced Sponge &
Custard

SIDES

Broccoli

and

Mashed Potato

DESSERT

Rice Pudding
& fruit

SIDES

Garden Peas

and

Steamed Rice

DESSERT

Blueberry

SIDES

Sweetcorn

and

Diced Potatoes

DESSERT

Flakemeal Biscuit
& Fruit

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WEEK ONE

WEEK COMMENCING:
SEP 11, OCT 9, NOV 6,
DEC 4, JAN 8, FEB 5

MONDAY

MAIN COURSES

Savoury Mince

or

Fish Fingers

SIDES

Mashed Potato

and

Baton Carrots

DESSERT

Banana /
Yogurt Pot

TUESDAY

MAIN COURSES

Classic

Margherita Pizza

SIDES

Steamed Broccoli/
Coleslaw

and

Chipped Potato

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Roast Pork & Rich Gravy

SIDES

Carrot & Parsnip

and

Mashed Potato

DESSERT

Chocolate Sponge &
Custard

THURSDAY

MAIN COURSES

Chicken Curry & Naan
Bread

SIDES

Sweetcorn

and

Steamed Rice

DESSERT

Strawberry Jelly, Ice Cream
& Fruit

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

SIDES

Garden Peas/Spaghetti
Hoops

and

Chipped Potatoes

DESSERT

Fresh
Fruit Pot

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FRESH FRUIT AVAILABLE DAILY

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