



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

Served weeks commencing:
19 February, 18 March,
15 April, 13 May, 10 June,
2 September, 30 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

Or

Freshly Baked Ham & Cheese Panini

SIDES

Baked Beans & Garden Peas

And

Chipped/Baked Potato

DESSERT

Homemade Flakemeal Biscuit

TUESDAY

MAIN COURSES

Beef Ragu Italia

Or

Homemade Margherita Pizza

SIDES

Sweetcorn / Diced Carrots /
Coleslaw

And

Oven Roasted Potato
Wedges / Rice / Salad

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Baked Pork Sausages & Gravy

SIDES

Garden Peas & Baton Carrots

And

Boiled Rice / Mashed Potato

DESSERT

Rice Pudding & Fruit

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

Or

Quorn Dippers

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Homemade Brownie &
Orange Wedges

FRIDAY

MAIN COURSES

Chicken Goujons & Sweet
Chilli Dip

Or

Roast Mediterranean
Vegetable Pasta Bake

SIDES

Spaghetti Hoops / Corn on
the Cob

And

Chipped / Baby New
Potatoes

DESSERT

Fruit Muffin with Pure
Apple / Orange Juice

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 TWO

Served weeks commencing:
26 February, 25 March,
22 April, 20 May, 17 June
9 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

Or

Creamy Chicken & Broccoli
Pasta with Garlic Bread

SIDES

Sweetcorn & Roasted
Peppers

And

Chipped / Baked Potato /
Coleslaw

DESSERT

Ice-Cream with Pears &
Chocolate Sauce

TUESDAY

MAIN COURSES

Homemade Cottage Pie

Or

Homemade Margherita Pizza

SIDES

Spring Greens / Roasted
Butternut Squash

And

Oven Baked Potato
Wedges/Baked Potato

DESSERT

Summer Fruit Cheesecake

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Beef Meatballs with Tomato &
Basil Sauce

SIDES

Green Beans / Baton Carrots

And

Steamed Rice / Pasta Spirals

DESSERT

Sicky Date Pudding & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

Or

Chicken & Pepper Fajita

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Golden Krispie Square

FRIDAY

MAIN COURSES

School "Chippy Day" Fish or
Chicken Goujons / Sausages

Or

Baked Potato with Tuna &
Sweetcorn / Salad

SIDES

Baked Beans / Mushy Peas

And

Chipped / Baby New
Potatoes

DESSERT

Frozen Fruit Yoghurt

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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WEEK THREE

Served weeks commencing:

4 March, 1 April, 29 April,

27 May, 24 June

16 September

MONDAY

MAIN COURSES

Baked Pork Sausages & Gravy

Or

Jerk Chicken & Caribbean Rice with Flatbread

SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

DESSERT

Ice-Cream & Two Fruits

TUESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

BBQ Pulled Pork Pizza Wrap

SIDES

Sweetcorn / Baton Carrots

And

Boiled Rice / Oven Roasted Garlic & Paprika Wedges

DESSERT

Jaffa Cake Pots

WEDNESDAY

MAIN COURSES

Breaded Fish & Lemon Mayo

Or

Beef Lasagne / Garlic Bread / Coleslaw

SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

Or

Roast Butternut Squash, Penne Pasta and Tomato & Pesto Sauce

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Fresh Fruit Salad & Yoghurt

FRIDAY

MAIN COURSES

Beef Burger / Bean Burger in Bap with Onions

Or

Salt & Chilli Chicken

SIDES

Corn on the Cob / Pasta Salad

And

Chipped Potato / Steamed Rice

DESSERT

Lemon Shortbread & Melon Wedge

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

Served weeks commencing:

11 March, 8 April,

6 May, 3 June

26 August, 23 September

MONDAY

MAIN COURSES

Beef Bolognaise

Or

Chicken Goujon Wrap with
choice of dip

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed
Potato

DESSERT

Chocolate & Orange Cookie

TUESDAY

MAIN COURSES

Breaded Fish & Lemon
Mayo

Or

Homemade Margherita
Pizza

SIDES

Mushy or Garden Peas /
Baked Beans

And

Chipped / Baked Potato

DESSERT

Raspberry Jelly & Two Fruits

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Chinese-style Beef &
Vegetables

SIDES

Diced Carrots & Green Beans

And

Noodles / Rice

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

Or

Salmon & Creamy Tomato
Pasta

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Pineapple Delight

FRIDAY

MAIN COURSES

Hot Dog / Veggie Dog with
Tomato Ketchup

Or

Chicken & Summer Veg Pie

SIDES

Spaghetti Hoops / Corn on
the Cob

And

Chipped / Mashed
Potatoes

DESSERT

Ice-Cream & Mandarin
Oranges

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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