



# EAT SMART WITH THE LUNCH BUNCH

ea catering

**WEEK ONE**

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

## MONDAY

### MAIN COURSES

Classic Margherita Pizza

Or

Italian Chicken & Tomato  
Pasta Bake with Garlic  
Bread

### SIDES

Steamed  
Broccoli/Coleslaw  
And

Chipped Potato/Baked  
Potato/Salad

### DESSERT

Banana  
Yogurt Pot

## TUESDAY

### MAIN COURSES

Savoury Mince Pie

Or

Fish Goujon in Soft Shell  
Taco with Tomato Salsa

### SIDES

Baton Carrots  
And

Mashed/Baby  
Potatoes/Salad

### DESSERT

Mandarin Orange Sponge  
& Custard

## WEDNESDAY

### MAIN COURSES

Chicken Curry  
& Naan Bread

Or

Chicken Panini  
& Coleslaw

### SIDES

Garden Peas  
& Sweetcorn

And

Oven Roasted Potato  
Wedges/Steamed Rice

### DESSERT

Strawberry Jelly, Ice  
Cream & Fruit

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing  
& Rich Gravy

Or

Chicken  
Casserole

### SIDES

Carrot & Parsnip/Savoy  
Cabbage

And

Mashed Potato/Oven  
Roast Potato

### DESSERT

Chocolate Sponge &  
Custard

## FRIDAY

### MAIN COURSES

Hot Dog with Tomato  
Ketchup

Or

Cod Fishcake with  
Tomato Ketchup

### SIDES

Garden Peas/Spaghetti  
Hoops/Salad

And

Chipped Potatoes/  
Baked Potatoes

### DESSERT

Flakemeal Biscuit & Fruit  
Selection

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

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

## MONDAY

### MAIN COURSES

Sausage  
Roll

Or

Sweet & Sour  
Chicken

### SIDES

Baked Beans & Garden Peas

And

Chipped Potato/Rice/Salad

### DESSERT

Ice Cream, Chocolate Sauce  
& Sliced Pears

## TUESDAY

### MAIN COURSES

Mexican  
Chilli

or

BBQ Chicken  
Pizza

### SIDES

Sweetcorn/Coleslaw

And

Oven Roasted Potato  
Wedges/Steamed  
Rice/Salad

### DESSERT

Apple Sponge & Custard

## WEDNESDAY

### MAIN COURSES

Chicken Curry  
& Naan Bread

Or

Baked Potato with Cheesy  
Bean & Coleslaw

### SIDES

Garden Peas & Sweetcorn

And

Steamed Rice/Pasta Salad

### DESSERT

Strawberry Mousse &  
Fruit

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing  
& Rich Gravy

Or

Poached  
Salmon

### SIDES

Cauliflower/Broccoli

And

Mashed Potato/Oven  
Roast Potato

### DESSERT

Blueberry Muffin

## FRIDAY

### MAIN COURSES

Beef Burger with Tomato  
Ketchup

Or

Pepper Chicken  
& Rice

### SIDES

Sweetcorn/Salad

And

Chipped Potatoes/  
Baked Potatoes

### DESSERT

Flakemeal Biscuit  
& Fruit



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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

Or

Mighty Mac 'n' Cheese  
with Garlic Bread Slice

### SIDES

Baked Beans/  
Broccoli/Coleslaw

And

Chipped/Mashed  
Potatoes/Rice Salad

### DESSERT

Artic Roll with  
Peaches & Pears

## TUESDAY

### MAIN COURSES

Beef Meatballs with Italian  
Tomato & Basil Sauce

Or

Pepperoni/Margherita  
Pizza

### SIDES

Garden Peas/  
Salad

And

Oven Baked Potato  
Wedges/Penne Pasta

### DESSERT

Fresh  
Fruit Pot

## WEDNESDAY

### MAIN COURSES

Chicken Curry  
& Naan Bread

Or

Salt 'N' Chilli  
Chicken Bites

### SIDES

Mini  
Corn on the Cob

And

Steamed Rice/Salad/Oven  
Baked Potato Wedges

### DESSERT

Lemon Drizzle Cake  
& Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing  
& Rich Gravy

Or

Savoury  
Mince

### SIDES

Carrot & Parsnip/  
Cauliflower Cheese

And

Mashed Potato/Oven  
Roast Potato

### DESSERT

Fairy  
Cake

## FRIDAY

### MAIN COURSES

Tasty Pork Sausages with  
Tomato Ketchup or Gravy

Or

Chicken Goujon Burger &  
Coleslaw

### SIDES

Sweetcorn &  
Baked Beans

And

Chipped & Mashed  
Potato/Salad

### DESSERT

Fresh Fruit Selection

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FRESH FRUIT AVAILABLE DAILY

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**WEEK FOUR**

WEEK COMMENCING:  
SEP 04, OCT 02, OCT 30,  
NOV 27, JAN 01, JAN 29

## MONDAY

### MAIN COURSES

Ham & Cheese Pizza with  
Garlic Dip

Or

Tex-Mex Beef & Veg  
Enchilada

### SIDES

Mini Corn on the  
Cob/Baked  
Beans/Coleslaw

And

Chipped Potato/Jacket  
Potato/Pasta Salad

### DESSERT

Melon, Mandarin &  
Pineapple Pot

## TUESDAY

### MAIN COURSES

Beef Bolognese with  
Garlic Bread

Or

Sweet Chilli Chicken  
Panini & Coleslaw

### SIDES

Baton  
Carrots/Salad/Oven  
Baked Potato Wedges

And

Pasta Shells

### DESSERT

Jelly & Fruit

## WEDNESDAY

### MAIN COURSES

Chicken Curry  
& Naan Bread

Or

BBQ Chicken Wrap with  
Crunchy Salad

### SIDES

Green Beans  
& Sweetcorn

And

Steamed Rice/Salad/  
Potato Salad

### DESSERT

Date Fudge  
& Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing  
& Rich Gravy

Or

Stuffed  
Chicken

### SIDES

Cauliflower Cheese &  
Baton Carrots

And

Mashed Potato/Oven  
Roast Potato

### DESSERT

Ice Cream, Pears &  
Chocolate Sauce

## FRIDAY

### MAIN COURSES

Oven Baked Chicken  
Goujons

Or

Admiral's  
Ocean Pie

### SIDES

Garden Peas/  
Baked Beans

And

Chipped & Jacket  
Potato/Salad

### DESSERT

Homemade Ginger  
Biscuit & Fruit

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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