



# 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

### SIDES

Chips

### DESSERT

Fruit & Yoghurt Pot

## TUESDAY

### MAIN COURSES

Savoury Mince

### SIDES

Peas

And

Mashed Potato

### DESSERT

Mandarin Orange Sponge & Custard

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

### SIDES

Sweetcorn

And

Steamed Rice

### DESSERT

Chocolate Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast Gammon, Stuffing & Rich Gravy

### SIDES

Carrot & Parsnip

And

Mashed Potato/Oven Roast Potato

### DESSERT

Strawberry Jelly, Ice Cream & Fruit

## FRIDAY

### MAIN COURSES

Hot Dog with Tomato Ketchup

### SIDES

Spaghetti Hoops

And

Chips/Baked Potatoes

### DESSERT

Flake meal 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

### SIDES

Baked Beans

And

Salad

### DESSERT

Ice Cream, Chocolate Sauce  
& Sliced Pears

## TUESDAY

### MAIN COURSES

Savoury Mince

### SIDES

Sweetcorn

And

Mashed Potatoes

### DESSERT

Apple Sponge & Custard

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

### SIDES

Garden Peas

And

Steamed Rice

### DESSERT

Strawberry Mousse & Fruit

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing & Rich  
Gravy

### SIDES

Carrots/Broccoli

And

Mashed Potato/Oven Roast  
Potato

### DESSERT

Blueberry Muffin

## FRIDAY

### MAIN COURSES

Beef Burger with Tomato  
Ketchup

### SIDES

Salad

And

Chips

### DESSERT

Flake meal Biscuit  
& Fruit

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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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

### SIDES

Baked Beans

And

Chips

### DESSERT

Artic Roll with  
Peaches & Pears

## TUESDAY

### MAIN COURSES

Beef Meatballs with Italian  
Tomato Sauce

### SIDES

Garlic Bread

And

Penne Pasta

### DESSERT

Fresh Fruit Pot & Fudge  
Yoghurt

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

### SIDES

Steamed Rice

### DESSERT

Lemon Drizzle Cake & Custard

## THURSDAY

### MAIN COURSES

Roast Gammon, Stuffing  
& Rich Gravy

### SIDES

Carrot & Parsnip

And

Mashed Potato/Oven  
Roast Potato

### DESSERT

Fairy Cake

## FRIDAY

### MAIN COURSES

Butchers Pork Sausages  
with Tomato Ketchup or  
Gravy

### SIDES

Baked Beans

And

Chips

### DESSERT

Fresh Fruit Selection

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH THE LUNCH BUNCH

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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

### SIDES

Salad

And

Chips

### DESSERT

Melon, Mandarin &  
Pineapple Pot

## TUESDAY

### MAIN COURSES

Beef Bolognaise

### SIDES

Garlic Bread

And

Pasta Shells

### DESSERT

Jelly & Fruit

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

### SIDES

Sweetcorn

And

Steamed Rice

### DESSERT

Sticky Toffee Pudding &  
Cream

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing &  
Rich Gravy

### SIDES

Carrot & Parsnip

And

Mashed Potato/Oven Roast  
Potato

### DESSERT

Ice Cream, Chocolate Sauce  
& Sliced Pears

## FRIDAY

### MAIN COURSES

Oven Baked Chicken  
Goujons

### SIDES

Baked Beans

And

Chips

### DESSERT

Homemade Cookie &  
Fruit

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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TO DELIVERY CHANGES

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