



# 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

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

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



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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 Garden Peas

and

Chipped Potato/

### DESSERT

Ice Cream & Chocolate Sauce

## TUESDAY

### MAIN COURSES

Irish Stew

Or

Tomato & Basil Pasta

### SIDES

Sweetcorn

and

Crusty Baked Bread

### DESSERT

Homemade Iced Sponge & Custard

## WEDNESDAY

### MAIN COURSES

Roast Chicken & Rich Gravy

Or

Salmon Bites

### SIDES

Broccoli

and

Mashed Potato

### DESSERT

Rice Pudding & fruit

## THURSDAY

### MAIN COURSES

Chicken Curry

### SIDES

Garden Peas

and

Steamed Rice

### DESSERT

Blueberry

## FRIDAY

### MAIN COURSES

Beef Burger with Tomato Ketchup

### SIDES

Sweetcorn

and

Diced Potatoes

### DESSERT

Flakemeal 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/Broccoli

and

Diced Potatoes

### DESSERT

Artic Roll with  
Oranges

## TUESDAY

### MAIN COURSES

Beef Bolognaise

### SIDES

Garden Peas

and

Spaghetti Pasta

### DESSERT

Fresh  
Fruit Pot

## WEDNESDAY

### MAIN COURSES

Roast Beef & Rich Gravy

### SIDES

Carrot & Parsnip

and

Mashed Potato

### DESSERT

Date Cake  
& Custard

## THURSDAY

### MAIN COURSES

Chicken Curry & Naan  
Bread

### SIDES

Carrot Batons

and

Steamed Rice

### DESSERT

Muffin

## FRIDAY

### MAIN COURSES

Tasty Pork Sausages with  
Tomato Ketchup or Gravy

### SIDES

Sweetcorn &  
Baked Beans

and

Chipped Potato

### DESSERT

Melon  
Wedge

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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**WEEK FOUR**

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

## MONDAY

### MAIN COURSES

Oven Baked Chicken  
Goujons

### SIDES

Baton Carrots  
and  
Diced Potatoes

### DESSERT

Melon, Mandarin &  
Pineapple Pot

## TUESDAY

### MAIN COURSES

Ham & Cheese Pizza

### SIDES

Baked Beans/Coleslaw  
and  
Chipped Potatoes

### DESSERT

Cornflake Tart & Custard

## WEDNESDAY

### MAIN COURSES

Roast Gammon & Rich  
Gravy

### SIDES

Cauliflower  
and  
Steamed Rice/Salad/

### DESSERT

Jelly & Mandarin Oranges

## THURSDAY

### MAIN COURSES

Chicken Curry & Naan  
Bread

### SIDES

Green Beans  
and  
Steamed Rice

### DESSERT

Ice Cream, Pears &  
Chocolate Sauce

## FRIDAY

### MAIN COURSES

Beef Bolognaise  
or  
Chicken & Pasta Bake

### SIDES

Garden Peas  
and  
Spaghetti Pasta

### DESSERT

Homemade Ginger  
Biscuit & Fruit

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FRESH FRUIT AVAILABLE DAILY

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