



# 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

Breaded Fish & lemon Mayo

Or

Homemade Margherita Pizza

### SIDES

Mushy Or Garden Peas /  
Baked Beans

And

Chipped / Baked Potatoes

### DESSERT

Raspberry Jelly & Two Fruits

## TUESDAY

### MAIN COURSES

Beef Bolognese

Or

Chicken Goujon Wrap with a  
Choice of Dip

### SIDES

Sweetcorn / Broccoli

And

Pasta Spirals /Mashed  
Potato

### DESSERT

Chocolate & Orange Cookie

## WEDNESDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy

Or

Salmon & Creamy Tomato  
Pasta

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast  
Potatoes

### DESSERT

Fruit Sponge & Custard

## THURSDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Chinese Style Beef &  
Vegetables

### SIDES

Diced Carrots & Green  
Beans

And

Noodles / Rice

### DESSERT

Cookie & fruit

## 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



# EAT SMART WITH THE LUNCH BUNCH

**ea catering**  
**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

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 Potatoes /  
Wedges / Rice / Salad

### DESSERT

Mandarin Orange Sponge &  
Custard

## WEDNESDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy

Or

Quorn Dippers

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast  
Potatoes

### DESSERT

Arctic Roll and Peaches

## THURSDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Baked Pork Sausages &  
Gravy

### SIDES

Garden Peas / Baton Carrots

And

Boiled Rice / Mashed Potato

### DESSERT

Homemade Brownies &  
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



# EAT SMART WITH THE LUNCH BUNCH

**ea catering**  
**WEEK THREE**

Served weeks commencing:  
4 March, 1 April, 29 April,  
27 May, 24 June  
16 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

Cookie & Fruit

## WEDNESDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy

Or

Chicken & Pepper Fajita

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potatoes

### DESSERT

Sticky Date Pudding & Custard

## THURSDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Beef Meatballs with a  
Tomato & Basil Sauce

### SIDES

Green Beans & Baton Carrots

And

Steamed Rice / Pasta Spirals

### 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 &  
FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL DIETARY REQUIREMENTS,  
PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO PRODUCT  
AVAILABILITY



# EAT SMART WITH THE LUNCH BUNCH

**ea catering**  
**WEEK FOUR**

Served weeks commencing:

11 March, 8 April,

6 May, 3 June

26 August, 23 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

Breaded Fish & Lemon Mayo

Or

Beef Lasagne, Garlic Bread & Coleslaw

### SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potatoes

### DESSERT

Fresh Fruit Salad

## WEDNESDAY

### MAIN COURSES

Roast of the Day, Stuffing & Gravy

Or

Roast Butternut Squash, Penne Pasta in a Tomato & Pesto Sauce

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Fruit Sponge & Custard

## THURSDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

BBQ Pulled Pork Pizza Wrap

### SIDES

Sweetcorn / Baton Carrots

And

Boiled Rice / Oven Roast Garlic & Paprika Wedges

### DESSERT

Jaffa Cake Pots

## 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 &  
FRESH FRUIT AVAILABLE DAILY

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