



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

SIDES

Baked Beans & Garden Peas

And

Chipped/Baked Potato

DESSERT

Homemade Flakemeal Biscuit

TUESDAY

MAIN COURSES

Homemade Margherita
Pizza

SIDES

Sweetcorn / Diced Carrots /
Coleslaw

And

Oven Roasted Potato
Wedges / Rice / Salad

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Baked Pork Sausages & Gravy

SIDES

Garden Peas & Baton Carrots

And

Boiled Rice / Mashed Potato

DESSERT

Arctic Roll and Peaches

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Homemade Brownie &
Orange Wedges

FRIDAY

MAIN COURSES

Chicken Goujons & Sweet
Chilli Dip

SIDES

Spaghetti Hoops / Corn on
the Cob

And

Chipped / Baby New
Potatoes

DESSERT

Fruit Muffin with Pure
Apple / Orange Juice

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

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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

SIDES

Sweetcorn & Roasted Peppers

And

Chipped / Baked Potato / Coleslaw

DESSERT

Ice-Cream with Pears & Chocolate Sauce

TUESDAY

MAIN COURSES

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

SIDES

Green Beans / Baton Carrots

And

Steamed Rice / Pasta Spirals

DESSERT

Sticky Date Pudding & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

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

SIDES

Baked Beans / Mushy Peas

And

Chipped / Baby New Potatoes

DESSERT

Frozen Fruit Yoghurt

MILK, WATER, BREAD &
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

SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

DESSERT

Ice-Cream & Two Fruits

TUESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Sweetcorn / Baton Carrots

And

Boiled Rice / Oven Roasted Garlic & Paprika Wedges

DESSERT

Jaffa Cake Pots

WEDNESDAY

MAIN COURSES

Breaded Fish & Lemon Mayo

SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

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

SIDES

Corn on the Cob / Pasta Salad

And

Chipped Potato / Steamed Rice

DESSERT

Lemon Shortbread & Melon Wedge



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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

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed Potato

DESSERT

Chocolate & Orange Cookie

TUESDAY

MAIN COURSES

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

SIDES

Diced Carrots & Green Beans

And

Noodles / Rice

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Pineapple Delight

FRIDAY

MAIN COURSES

Hot Dog / Veggie Dog with Tomato Ketchup

SIDES

Spaghetti Hoops / Corn on the Cob

And

Chipped / Mashed Potatoes

DESSERT

Ice-Cream & Mandarin Oranges

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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