



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 Potato

DESSERT

Raspberry Jelly & Two Fruits

TUESDAY

MAIN COURSES

Beef Bolognese

Or

Chicken Goujon Wrap with choice of dip

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed Potato

DESSERT

Chocolate & Orange Cookie

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Chinese-style Beef & Vegetables

SIDES

Diced Carrots & Green Beans

And

Noodles / Rice

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

Or

Salmon & Creamy Tomato Pasta

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Pineapple Delight

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

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 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 Potato Wedges / Rice / Salad

DESSERT

Mandarin Orange Sponge & Custard

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

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

Or

Quorn Dippers

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Homemade Brownie & 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

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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