



# EAT SMART WITH

# THE LUNCH BUNCH

## ea catering WEEK 1

Week commencing  
AUG 28, SEPT 25, OCT 23,  
NOV 20, DEC 18, JAN 22

### MONDAY

#### MAIN COURSES

Savoury Mince

Or

Italian Chicken & Tomato Pasta  
Garlic Bread

#### SIDES

Baton Carrot Side Salad

Mashed Potatoes

White Bread

#### DESSERT

Banana Yoghurt Pot

### TUESDAY

#### MAIN COURSES

Classic Margherita Pizza

Or

Fish Goujon in Soft Shell Taco & Zingy Tomato Salsa

#### SIDES

Baked Beans/Salad/Coleslaw

Chipped Potatoes Baked Potato

Garlic Bread Slice

#### DESSERT

Strawberry Mousse & Fruit

### WEDNESDAY

#### MAIN COURSES

Lunch Bunch Chicken Curry

Or

Chilli Chicken Panini

#### SIDES

Garden Peas Sweetcorn

Steamed Rice Oven Baked Wedges

Garlic & Coriander Naan

#### DESSERT

Chocolate Sponge & Custard

### THURSDAY

#### MAIN COURSES

Roast Beef with Stuffing & Gravy

Or

Chicken Casserole

#### SIDES

Carrots & Parsnip Savoy Cabbage

Mashed Potatoes Oven Roast Potato

Wholemeal Bread

#### DESSERT

Strawberry Jelly, Ice Cream & Fruit

### FRIDAY

#### MAIN COURSES

Hot Dog

Or

Crispy Cod Fishcakes

#### SIDES

Tomato Ketchup Coleslaw/Salad

Chipped Potatoes Baked Potato

Sliced Baguette

#### DESSERT

Fresh Fruit Pot & Popcorn Cookie

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

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## ea catering WEEK 2

WEEK COMMENCING:  
SEP 04, OCT 02, OCT 30,  
NOV 27, JAN 01, JAN 29

### MONDAY

#### MAIN COURSES

Sausage Roll

Or

Sweet and Sour Chicken  
& Naan Bread

#### SIDES

Spaghetti Hoops  
Garden Peas

Chipped Potatoes  
Steamed Rice

Wholemeal Bread

#### DESSERT

Ice Cream, Chocolate  
Sauce and Sliced  
Pears

### TUESDAY

#### MAIN COURSES

Pasta Bolognese

Or

BBQ Chicken Pizza

#### SIDES

Sweetcorn & Peppers  
Salad

Oven Roasted Potato  
Wedges

Garlic Bread Slice

#### DESSERT

Zesty Orange Sponge  
& Custard

### WEDNESDAY

#### MAIN COURSES

Lunch Bunch Chicken Curry

Or

Pitta Pocket filled with  
Pulled Pork, Salad &  
Coleslaw

#### SIDES

Garden Peas

Steamed Rice

Naan Bread

#### DESSERT

Fresh Fruit Salad and  
Yoghurt

### THURSDAY

#### MAIN COURSES

Roast Pork Loin with  
Stuffing & Gravy

Or

Poached Salmon

#### SIDES

Cauliflower, Broccoli &  
Carrots

Mashed Potatoes  
Oven Roasted Potato

White Bread

#### DESSERT

Blueberry  
Muffin

### FRIDAY

#### MAIN COURSES

Beef Burger in a Bap  
with Tomato Ketchup

Or

Peppered Chicken

#### SIDES

Sweetcorn  
Tossed Salad

Chipped Potatoes  
Steamed Rice

Crusty Bread

#### DESSERT

Flakemeal Biscuit &  
Fruit

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH

# ea catering WEEK 3

# THE LUNCH BUNCH

WEEK COMMENCING:  
SEP 11, OCT 9, NOV 6,  
DEC 4, JAN 8, FEB 5

## MONDAY

### MAIN COURSES

Golden Crumbed Fish  
Fingers

Or

Mighty Mac 'n' Cheese  
with Garlic Bread Slice

### SIDES

Baked Beans  
Coleslaw

Chipped Potatoes  
Mashed Potatoes

Sliced Baguette

### DESSERT

Artic Roll with  
Peaches & Pears

## TUESDAY

### MAIN COURSES

Italian Beef with Crusty  
Roll

Or

Pepperoni/Margherita  
Pizza

### SIDES

Garden Peas  
Salad

Homemade Diced  
Potatoes

Garlic Bread Slice

### DESSERT

Fresh Fruit Pot

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry

Or

Steak Burger in a Bap &  
Cheese

### SIDES

Sweetcorn & Peppers  
Tossed Salad

Steamed Rice  
Homemade Potato Wedges

Garlic & Coriander Naan

### DESSERT

Lemon Drizzle Cake &  
Custard

## THURSDAY

### MAIN COURSES

Roast Chicken with  
Stuffing & Gravy

Or

Savory Mince

### SIDES

Carrot & Parsnip  
Cauliflower Cheese

Mashed Potatoes  
Oven Roast Potato

Homemade Wheaten Bread

### DESSERT

Melon Wedge

## FRIDAY

### MAIN COURSES

Tasty Pork Sausages with  
Tomato Ketchup/Gravy

Or

Salt N Chilli Chicken Wrap  
with Garlic Mayo

### SIDES

Mini Corn on the Cob  
Spaghetti Hoops

Chipped Potatoes  
Mashed Potatoes

Wholemeal Bread

### DESSERT

Decorated Fairy Cake

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH

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## ea catering WEEK 4

WEEK COMMENCING:  
SEP 18, OCT 16, NOV 13,  
DEC 11, JAN 15, FEB 12

### MONDAY

#### MAIN COURSES

Beef Bolognese with  
Garlic Bread Slice

Or

Cod Fishcakes with  
Tomato or Tartare Sauce

#### SIDES

Garden Peas

Oven Baked Potato  
Wedges

Homemade Wheaten  
Bread or White Bread

#### DESSERT

Melon, Mandarin &  
Pineapple Pots with  
Yoghurt Dip

### TUESDAY

#### MAIN COURSES

Ham & Cheese Pizza or  
Pepperoni with Garlic Dip

Or

Tex Mex Beef & Veg  
Enchilada

#### SIDES

Sweetcorn & Peppers  
Coleslaw

Chipped Potatoes  
Baked Potato

Hot Herb Bread

#### DESSERT

Jelly & Mandarin  
Oranges

### WEDNESDAY

#### MAIN COURSES

Lunch Bunch Chicken  
Curry

Or

BBQ Chicken Wrap with  
Crunchy Salad

#### SIDES

Green Beans

Steamed Rice

Garlic & Coriander Naan

#### DESSERT

Cornflake Tart &  
Custard

### THURSDAY

#### MAIN COURSES

Roast Gammon with  
Stuffing & Gravy

Or

Stuffed Chicken Olive

#### SIDES

Broccoli & Turnip

Mashed Potatoes  
Oven Roast Potato

Wholemeal Bread

#### DESSERT

Ice-Cream, Pears &  
Chocolate Sauce

### FRIDAY

#### MAIN COURSES

Oven Baked Chicken  
Goujons

Or

Sweet Chilli Chicken  
Panini

#### SIDES

Baked Beans  
Salad

Chipped Potatoes  
Mashed Potatoes

Ciabatta Slice

#### DESSERT

Homemade Ginger  
Biscuit & Fruit

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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