



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

Classic Margherita Pizza
or
Italian Chicken & Tomato
Pasta Bake with Garlic
Bread

SIDES

Steamed Broccoli/ Coleslaw
and
Chipped Potato/Baked
Potato/Salad

DESSERT

Banana
Yogurt Pot

TUESDAY

MAIN COURSES

Homemade Savoury Mince
Pie
Or
Fish Goujon in Soft Shell
Taco with Tomato Salsa

SIDES

Baton Carrots
and
Mashed/Baby Potatoes/
Salad

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

SIDES

Garden Peas
& Sweetcorn
and
Rice/Oven Baked Potato
Wedges

DESSERT

Strawberry Jelly, Ice Cream
& Fruit

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Rich Gravy

SIDES

Carrot & Parsnip/Savoy
Cabbage
and
Mashed Potato/Oven Roast
Potato

DESSERT

Chocolate Sponge &
Custard

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

SIDES

Garden Peas/Spaghetti
Hoops/Salad
and
Chipped Potatoes/
Baked Potatoes

DESSERT

Flakemeal Biscuit &
Fruit Selection

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/Garden Peas

and

Chipped Potato/Jacket
Potato
Salad

DESSERT

Ice Cream, Chocolate Sauce
& Sliced Pears

TUESDAY

MAIN COURSES

Mexican
Chilli

Or

BBQ Chicken Pizza

SIDES

Sweetcorn/Coleslaw

and

Rice/Oven Roast Potato
Wedges
Salad

DESSERT

Homemade Apple Sponge
& Custard

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

SIDES

Garden Peas
& Sweetcorn

and

Rice

DESSERT

Strawberry Mousse
& fruit

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Rich Gravy

or

Poached
Salmon

SIDES

Cauliflower/Broccoli

and

Mashed Potato/Oven Roast
Potato

DESSERT

Blueberry
Muffin

FRIDAY

MAIN COURSES

Beef Burger with Tomato
Ketchup

SIDES

Sweetcorn/Salad

and

Chipped Potatoes/
Baked 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

and

Chipped or Mashed
Potatoes

DESSERT

Artic Roll with
Peaches & Pears

TUESDAY

MAIN COURSES

Pepperoni/Margherita
Pizza

SIDES

Garden Peas

And

Potato Wedges

DESSERT

Fresh Fruit Pot

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

SIDES

Mini
Corn on the Cob

and

Rice

DESSERT

Sponge and Custard

THURSDAY

MAIN COURSES

Beef Bolognaise & garlic
bread

SIDES

Carrots

and

Pasta twists

DESSERT

Chocolate Muffin

FRIDAY

MAIN COURSES

Tasty Pork Sausages with
Tomato Ketchup

SIDES

Baked Beans

and

Chipped Potato/Mashed
Potato

DESSERT

Fresh Fruit Selection

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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

Ham & Cheese Pizza with
Garlic Dip

SIDES

Mini Corn on the Cob/
Baked Beans/Coleslaw

and

Chipped Potato/ Jacket
Potato

DESSERT

Melon, Mandarin &
Pineapple Pot

TUESDAY

MAIN COURSES

Beef Bolognese with Garlic
Bread

Or

Sweet Chilli Chicken Panini
& Coleslaw

SIDES

Baton Carrots/Salad

and

Pasta Shells/ Oven Baked
Potato Wedges

DESSERT

Jelly & Fruit

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

SIDES

Green Beans
& Sweetcorn

and

Rice/Salad

DESSERT

Date Fudge
& Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Rich Gravy

SIDES

Cauliflower Cheese & Baton
Carrots

and

Mashed Potato/Oven Roast
Potato

DESSERT

Ice-Cream, Pears &
Chocolate Sauce

FRIDAY

MAIN COURSES

Oven Baked Chicken
Goujons

or

Admiral's
Ocean Pie

SIDES

Garden Peas/
Baked Beans

and

Chipped & Jacket
Potato/Salad

DESSERT

Homemade Ginger Biscuit
& Fruit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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