



# 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

Beef Bolognaise

### SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed  
Potato

### DESSERT

Chocolate & Orange Cookie

## TUESDAY

### MAIN COURSES

Breaded Fish & Lemon  
Mayo

### 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

Boiled Rice

### DESSERT

Fruit Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy  
Pork

### SIDES

Fresh Vegetables :  
Turnip/Broccoli

And

Mashed / Oven Roast Potato

### DESSERT

Pineapple Delight

## FRIDAY

### MAIN COURSES

Hot 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

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,

22 April, 20 May, 17 June

9 September

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers

### SIDES

Baked Beans & Garden Peas

And

Chipped/Baked Potato

### DESSERT

Homemade Flakemeal Biscuit

## TUESDAY

### MAIN COURSES

Pasta Bolognaise  
Garlic bread

### SIDES

Sweetcorn / Diced Carrots

### DESSERT

Mandarin Orange Sponge &  
Custard

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

### SIDES

Garden Peas & Baton Carrots

And

Boiled Rice

### DESSERT

Arctic Roll and Peaches

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy  
Gammon

### SIDES

Fresh Vegetables ;  
Carrots/Parsnips

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

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# EAT SMART WITH THE LUNCH BUNCH

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

Served weeks commencing:  
4 March, 29 April,  
24 June  
16 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 Cottage Pie

### SIDES

Spring Greens / Roasted Butternut Squash

And

Oven Baked Potato Wedges

### DESSERT

Summer Fruit Cheesecake

## WEDNESDAY

### MAIN COURSES

Beef Meatballs with Tomato & Basil Sauce

### SIDES

Green Beans / Baton Carrots

And  
Pasta Spirals

### DESSERT

Sticky Toffee Pudding & Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing & Gravy  
Chicken

### SIDES

Fresh Vegetables  
Cauliflower cheese/ baton carrots

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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# 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

### SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

### DESSERT

Ice-Cream & Two Fruits

## TUESDAY

### MAIN COURSES

BBQ Pulled Pork Pizza Wrap

### SIDES

Sweetcorn / Baton Carrots

And

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  
Gammon

### SIDES

Fresh Vegetables :  
Broccoli/diced carrots

Mashed / Oven Roast Potato

### DESSERT

Fresh Fruit Salad & Yoghurt

## FRIDAY

### MAIN COURSES

Beef Burger in Bap

### SIDES

Corn on the Cob / Pasta  
Salad

And

Chipped Potato

### DESSERT

Lemon Shortbread &  
Melon Wedge

MILK, WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

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