



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 1

Week commencing
AUG 28

MONDAY

MAIN COURSES

SCHOOL CLOSED

SIDES

DESSERT

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 & Steamed Rice

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



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WEEK 2

WEEK COMMENCING:
SEP 04

MONDAY

MAIN COURSES

Sausage Roll

Or

Sweet & Sour Chicken
Steamed Rice & 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 Bolognaise

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 & Steamed Rice

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

Pepper Chicken &
Steamed Rice

SIDES

Sweetcorn
Tossed Salad

Chipped Potatoes
Steamed Rice

Crusty Bread

DESSERT

Flakemeal Biscuit &
Fruit



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WEEK 3

WEEK COMMENCING:
SEP 11

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 & Naan Bread

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

Savoury Mince

SIDES

Carrot & Parsnip
Cauliflower Cheese

Mashed Potatoes
Oven Roast Potato

Homemade Wheaten Bread

DESSERT

Melon Wedge

FRIDAY

MAIN COURSES

Tasty Pork Sausages
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



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WEEK 4

WEEK COMMENCING:
SEP 18

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 & Garlic Dip

Or

Tex Mex Beef &
Vegetable 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

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