



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 1

BALLYKEEL PRIMARY
WEEK COMMENCING
15TH JANUARY 2024
£2.60 PER DAY

MONDAY

MAIN COURSES

Savoury Mince

Or

Italian Chicken &
Tomato Pasta
Garlic Bread

SIDES

Baton Carrots
Side Salad

Mashed Potato

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 & 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

**SCHOOL
CLOSED**

SIDES

DESSERT

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

BALLYKEEL PRIMARY MENU

WEEK COMMENCING:

22nd JANUARY 2024

£2.60 PER DAY

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

Chocolate Brownie &
Orange Wedge

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



EAT SMART WITH THE LUNCH BUNCH

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WEEK 3

BALLYKEEL PRIMARY MENU

WEEK COMMENCING:

29th JANUARY 2024

£2.60 PER DAY

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

Golden Pop &
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

BALLYKEEL PRIMARY MENU

WEEK COMMENCING:

5TH FEBRUARY 2024

£2.60 PER DAY

MONDAY

MAIN COURSES

Beef Pasta Bolognaise
Grated Cheese

Or

Cod Fishcakes with
Tomato or Tartare Sauce

SIDES

Garden Peas

Oven Baked Potato
Wedges

Crusty 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

Garlic Bread Slice

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

Oven Baked Chicken
Goujons

Or

Sweet Chilli Chicken
Panini

SIDES

Baked Beans
Salad

Chipped Potatoes
Mashed Potatoes

Ciabatta Slice

DESSERT

Homemade Ginger
Biscuit & Fruit

FRIDAY

MAIN COURSES

**SCHOOL
CLOSED**

SIDES

DESSERT