



# EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK ONE

BALLYKEEL NURSERY

£2.50 PER DAY

Served weeks commencing:

19<sup>th</sup> February 2024

## MONDAY

### MAIN COURSES

Beef Bolognaise  
Grated Cheese

### SIDES

Sweetcorn & Peppers  
Fresh Broccoli

And

Penne Pasta  
Garlic Bread

### DESSERT

Chocolate & Orange Cookie  
Fresh Orange Wedges

## TUESDAY

### MAIN COURSES

Breaded Fish  
Lemon Mayo

### SIDES

Garden Peas  
Baked Beans

And

Chipped Potato  
Crusty Bread

### DESSERT

Raspberry Jelly &  
Two Fruits

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

### SIDES

Diced Carrots &  
Green Beans

And

Steamed Rice

### DESSERT

Lemon Sponge & Custard  
Sliced Apples

## THURSDAY

### MAIN COURSES

Roast Gammon  
Stuffing & Gravy

### SIDES

Carrot & Parsnip  
Cauliflower Cheese

And

Mashed Potato  
Oven Roast Potato

### DESSERT

Pineapple Delight  
Fresh Watermelon Wedges

## FRIDAY

### MAIN COURSES

Hot Dog / Veggie Dog  
Tomato Ketchup

### SIDES

Spaghetti Hoops  
Mini Corn on the Cob

And

Chipped Potatoes  
Mashed Potatoes

### DESSERT

Ice-Cream, Raspberry Sauce  
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

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WEEK TWO

BALLYKEEL NURSERY  
£2.50 PER DAY

Served weeks commencing:  
26<sup>th</sup> February 2024

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers

### SIDES

Baked Beans  
Garden Peas

And

Chipped Potatoes  
Baked Potato  
Wholemeal bread

### DESSERT

Homemade Flakemeal Biscuit  
Fresh Fruit Selection

## TUESDAY

### MAIN COURSES

Beef Ragù Italia

### SIDES

Sweetcorn & Peppers  
Coleslaw

And

Penne Pasta  
Salad  
Garlic Bread

### DESSERT

Mandarin Orange Sponge  
Custard & Sliced Apples

## WEDNESDAY

### MAIN COURSES

Chicken Curry

### SIDES

Garden Peas  
Baton Carrots

And

Boiled Rice  
Naan Bread

### DESSERT

Arctic Roll &  
Peach Slices

## THURSDAY

### MAIN COURSES

Roast Loin of Pork  
Stuffing & Gravy

### SIDES

Fresh Broccoli Florets  
Fresh Diced Turnip & Carrot

And

Mashed Potatoes  
Oven Roast Potato  
Wholemeal Bread

### DESSERT

Homemade Brownie  
Orange Wedges

## FRIDAY

### MAIN COURSES

Chicken Goujons &  
Sweet Chilli Dip

### SIDES

Spaghetti Hoops  
Mini Corn on the Cob

And

Chipped Potatoes  
Baby New Potatoes  
Ciabatta Bread

### DESSERT

Fruit Muffin with Pure  
Apple Juice &  
Fresh Pineapple Chunks

MILK, WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

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MENU SUBJECT TO PRODUCT  
AVAILABILITY



# EAT SMART WITH THE LUNCH BUNCH

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WEEK THREE

BALLYKEEL NURSERY

£2.50 PER DAY

Served week commencing:

4<sup>th</sup> March 2024

## MONDAY

### MAIN COURSES

Golden Crumbed Fish  
Goujons

### SIDES

Sweetcorn & Peppers  
Coleslaw

And

Chipped  
Baked Potato  
White Bread

### DESSERT

Ice-Cream , Pears &  
Chocolate Sauce

## TUESDAY

### MAIN COURSES

Homemade Pepperoni or  
Magherita Pizza

### SIDES

Garden Peas  
Roasted Courgettes  
Peppers & Roasted  
Butternut Squash

And

Oven Baked Potato Wedges  
Garlic Bread

### DESSERT

Summer Fruit Cheesecake  
Summer Fruit salad

## WEDNESDAY

### MAIN COURSES

Beef Meatballs with  
Tomato & Basil Sauce

### SIDES

Green Beans  
Baton Carrots

And

Steamed Rice  
Pasta Spirals  
Crusty Bread

### DESSERT

Sticky Date Pudding & Custard  
Sliced Apples

## THURSDAY

### MAIN COURSES

Roast Gammon  
Stuffing & Gravy

### SIDES

Fresh Cauliflower & Broccoli  
Florets  
Fresh Diced Carrots

And

Mashed Potato  
Oven Roast Potato  
Homemade Wheaten Bread

### DESSERT

Golden Krispie Square  
Pineapple Chunks

## FRIDAY

### MAIN COURSES

School "Chippy Day"  
Sausage & Chicken Goujon  
Ketchup / Curry Sauce

### SIDES

Baked Beans  
Garden Peas

And

Chipped Potatoes  
Baby New Potatoes  
White Bread

### DESSERT

Frozen Fruit Yoghurt  
Fresh Fruit Selection



# EAT SMART WITH THE LUNCH BUNCH

**ea catering**  
**WEEK FOUR**  
**BALLYKEEL NURSERY**  
**£2.50 PER DAY**  
 Served week commencing:  
**11<sup>th</sup> March 2024**

## MONDAY

### MAIN COURSES

Baked Pork Sausages  
Gravy

### SIDES

Baked Beans  
Garden Peas

And

Chipped Potato  
Baked Potato  
Wholemeal Bread

### DESSERT

Ice-Cream, Strawberry Sauce  
Two Fruits

## TUESDAY

### MAIN COURSES

Chicken Curry

### SIDES

Sweetcorn  
Fresh Diced Carrots Carrots

And

Boiled Rice  
Naan Bread

### DESSERT

Jaffa Cake Pots  
Mandarin Orange

## WEDNESDAY

### MAIN COURSES

Breaded Fish & Lemon Mayo

### SIDES

Garden Peas  
Coleslaw

And

Mashed Potato  
Baby Potato  
Crusty Bread

### DESSERT

Fruit Sponge & Custard  
Honeydew Melon

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy

### SIDES

Fresh Savoy Cabbage  
Fresh Baton Carrots

And

Mashed Potatoes  
Oven Roast Potato  
White Bread

### DESSERT

Fresh Fruit Salad  
& Fresh Yoghurt

## FRIDAY

### MAIN COURSES

Beef Burger in Bap  
Bean Burger in Bap  
Cheese, Mayo or Ketchup

### SIDES

Mini Corn on the Cob  
Pasta Salad

And

Chipped Potato  
Homemade Potato Wedges

### DESSERT

Lemon Shortbread  
Melon Wedge