



EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK THREE

BALYKEEL PRIMARY

Week Commencing:

13th January 2025

£2.60 per day

MONDAY

MAIN COURSES

Homemade Ham & Cheese
Pizza

Or

Home-Baked Chicken Crumble

SIDES

Spaghetti Hoops /
Sweetcorn

And

Roast Potato Wedges
Mashed Potatoes
Crusty Bread

DESSERT

Vanilla Ice-Cream
with Pear Slices &
Hot Chocolate Sauce

TUESDAY

MAIN COURSES

Beef Bolognaise
Garlic Bread

Or

Roast Chicken and Gravy
White Bread

SIDES

Cauliflower Cheese / Steamed
Broccoli

And

Mashed Potato /
Pasta

DESSERT

Apple Sponge with Custard
Apple Slices

WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken
Curry & Naan Bread

Or

Oven-Baked Breaded Whiting
Wholemeal Bread

SIDES

Garden Peas / Roast
Butternut Squash

And

Boiled Rice / Mashed Potato

DESSERT

Frozen Smoothie
Watermelon

THURSDAY

MAIN COURSES

Roast Beef
Yorkshire Pudding & Gravy

Or

Salmon Fish Fingers
& Lemon Mayo

SIDES

Fresh Seasonal Vegetables

And

Mash Potato /
Oven Roast Potato

DESSERT

Chocolate Cracknel &
Custard

FRIDAY

MAIN COURSES

Hotdog &
Tomato Ketchup

Or

Beef Burrito

SIDES

Mini Corn on cob

And

Chipped Potatoes /
Pasta Salad

DESSERT

Homemade Oatmeal Biscuit
& Fresh Fruit Pot

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