



# EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK FOUR

Ballykeel Primary

WEEK COMMENCING

20<sup>th</sup> January 2025

£2.60 per day

## MONDAY

### MAIN COURSES

Oven-Baked Fish Goujons  
White Bread

Or

Homemade Margherita Pizza,  
Garlic Bread

### SIDES

Steamed Garden Peas / Spaghetti  
Hoops

And

Chipped Potato /  
Baked Potato

### DESSERT

Chocolate & Raspberry Brownie  
Orange Wedge

## TUESDAY

### MAIN COURSES

Oven-Baked Chicken Goujons &  
Choice of Dip  
Wheaten Bread

Or

Cottage Pie

### SIDES

Baton Carrots /  
Steamed Broccoli

And

Garlic & Herb Potato Wedges /  
Mashed Potato

### DESSERT

Ice-cream, Jelly &  
Two Fruit

## WEDNESDAY

### MAIN COURSES

"Lunch Bunch" Chicken Curry  
& Naan Bread

Or

Oven-Baked Cod Fishcake  
Wholemeal Bread

### SIDES

Sweetcorn /  
Roasted Butternut Squash

And

Boiled Rice /  
Mashed Potato

### DESSERT

Chocolate & Pear Sponge with  
Custard & Fresh Watermelon

## THURSDAY

### MAIN COURSES

Roast Turkey or Gammon  
Stuffing, Gravy

Or

Sweet Potato Fritter,  
Flatbread & Sweet Chilli Mayo

### SIDES

Fresh Seasonal Vegetables  
Steamed Carrot &  
Cauliflower

And

Mashed Potato /  
Oven Roast Potato  
Wholemeal Bread

### DESSERT

Homemade Flapjack  
& Orange Wedges

## FRIDAY

### MAIN COURSES

Oven-Baked Chicken Nuggets

Or

Homemade Beef Lasagne  
with Crunchy Coleslaw

### SIDES

Baked Beans /  
Garden Peas

And

Chipped Potato /  
Baked Potato  
Crusty Bread

### DESSERT

Choice of Fruit Yoghurt Pot

MILK  
FRESH

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

ENS OR