



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 1

Week commencing
Aug 28, Sept 25, Oct 23,
Nov 20, Dec 18, Jan 22

MONDAY

MAIN COURSES

Savoury
Mince

SIDES

Baton Carrot

Mashed Potatoes or
Pasta

DESSERT

Banana Yoghurt Pot

TUESDAY

MAIN COURSES

Classic Margherita Pizza

Or

Fish Goujon in Soft Shell
Taco & Zingy Tomato
Salsa

SIDES

Salad/Coleslaw

Chipped Potatoes/
Baked Potato

DESSERT

Strawberry Mousse &
Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

SIDES

Garden Peas/Sweetcorn

Steamed Rice

DESSERT

Chocolate Sponge &
Custard

THURSDAY

MAIN COURSES

Roast of the Day

SIDES

Carrots & Parsnip/Savoy
Cabbage

Mashed Potatoes/Oven
Roast Potato

DESSERT

Strawberry Jelly, Ice
Cream & Fruit

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

SIDES

Baked Beans/Salad

Chipped Potatoes/Baked
Potato

DESSERT

Fresh Fruit Pot &
Biscuit



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WEEK 2

WEEK COMMENCING:
SEP 04, OCT 02, OCT 30,
NOV 27, JAN 01, JAN 29

MONDAY

MAIN COURSES

Sausage Roll

SIDES

Spaghetti Hoops &
Garden Peas

Chipped
Potatoes/Jacket
Potato

DESSERT

Ice Cream, Chocolate
Sauce and Sliced
Pears

TUESDAY

MAIN COURSES

Pasta Bolognese with
Garlic Bread

SIDES

Sweetcorn

DESSERT

Zesty Orange Sponge
& Custard

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

SIDES

Garden Peas

Rice

DESSERT

Fresh Fruit Salad and
Yoghurt

THURSDAY

MAIN COURSES

Roast of the Day with
Stuffing & Gravy

Or

Poached Salmon

SIDES

Cauliflower/Broccoli/
Carrots

Mashed Potatoes/Oven
Roasted Potato

DESSERT

Blueberry Muffin

FRIDAY

MAIN COURSES

Beef Burger in a Bap
with Tomato Ketchup

SIDES

Tossed Salad

Chipped
Potatoes/Homemade
Chilli Wedges

DESSERT

Flakemeal Biscuit &
Fruit

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



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WEEK 3

WEEK COMMENCING:
SEP 11, OCT 9, NOV 6,
DEC 4, JAN 8, FEB 5

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

SIDES

Baked
Beans/Coleslaw

Chipped
Potatoes/Mashed
Potatoes

DESSERT

Artic Roll with
Peaches & Pears

TUESDAY

MAIN COURSES

Italian Beef with Crusty
Roll

SIDES

Garden Peas

DESSERT

Fresh Fruit Pot

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

SIDES

Mini Corn on the Cob

Steamed Rice

DESSERT

Lemon Drizzle Cake &
Custard

THURSDAY

MAIN COURSES

Roast of the Day

SIDES

Carrot &
Parsnip/Cauliflower
Cheese

Mashed Potatoes/Oven
Roast Potato

DESSERT

Melon Wedge

FRIDAY

MAIN COURSES

Tasty Pork Sausages
with Tomato
Ketchup/Gravy

SIDES

Peas/Spaghetti Hoops

Chipped
Potatoes/Mashed
Potatoes

DESSERT

Decorated Fairy Cake



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WEEK 4

WEEK COMMENCING:
SEP 18, OCT 16, NOV 13,
DEC 11, JAN 15, FEB 12

MONDAY

MAIN COURSES

Beef Bolognese with
Spaghetti or Pasta
Twists & Garlic Bread

SIDES

Peas

DESSERT

Melon, Mandarin &
Pineapple Pots with
Yoghurt Dip

TUESDAY

MAIN COURSES

Ham & Cheese Pizza or
Pepperoni with Garlic
Dip

SIDES

Sweetcorn and Red
Pepper/Coleslaw

Chipped
Potatoes/Baked Potato

DESSERT

Jelly & Mandarin
Oranges

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

SIDES

Green Beans

Steamed Rice

DESSERT

Cornflake Tart &
Custard

THURSDAY

MAIN COURSES

Roast of the Day

SIDES

Broccoli/Turnip

Mashed Potatoes/Oven
Roast Potato

DESSERT

Ice Cream, Pears &
Chocolate Sauce

FRIDAY

MAIN COURSES

Golden Crumb Fish
Fingers

SIDES

Salad/Baked Beans

Chipped
Potatoes/Mashed
Potatoes

DESSERT

Homemade Ginger
Biscuit and Fruit