



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

Served weeks commencing:
19 February, 18 March,
15 April, 13 May, 10 June,
2 September, 30 September

MONDAY

MAIN COURSES

Homemade Margherita
Pizza,
Chips & Beans

DESSERT

Toffee or strawberry
Yoghurt & Fresh fruit

TUESDAY

MAIN COURSES

Beef Bolognese,
Pasta
Sweetcorn

DESSERT

Artic Roll & Fresh Fruit

WEDNESDAY

MAIN COURSES

Roast Gammon Dinner,
Stuffing
Gravy
Mashed / Roasties
Carrots & Cauliflower

DESSERT

Chocolate cake & Custard

THURSDAY

MAIN COURSES

Chicken Curry
Rice
Naan Bread
Peas

DESSERT

Jelly & fruit

FRIDAY

MAIN COURSES

Hot Dog or Veggie Dog
Chips
Spaghetti Hoops

DESSERT

Ice-Cream & Mandarin
Oranges



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WEEK TWO

Served weeks commencing:

26 February, 25 March,

22 April, 20 May, 17 June

9 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers
Chips
Beans

DESSERT

Chocolate Cookie & Fruit

TUESDAY

MAIN COURSES

Beef Ragu Italia
Rice
Diced Carrots

DESSERT

Artic Roll & Fresh Fruit

WEDNESDAY

MAIN COURSES

Roast Chicken Dinner,
Stuffing
Rice
Gravy
Mashed / Roasties
Broccoli & Baton Carrots

DESSERT

Old school cake & Custard

THURSDAY

MAIN COURSES

Chicken Curry
Rice
Naan Bread
Peas

DESSERT

Toffee or strawberry
flavoured yoghurt & Fruit

FRIDAY

MAIN COURSES

Chicken Goujons
Chips
Spaghetti Hoops

DESSERT

Ice cream & Fruit
Pure Apple / Orange Juice

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



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WEEK THREE

Served weeks commencing:

4 March, 1 April, 29 April,

27 May, 24 June

16 September

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers
Chips
Beans

DESSERT

Flakemeal & Fruit

TUESDAY

MAIN COURSES

Homemade Margherita Pizza
Wedges
Peas & Sweetcorn

DESSERT

Artic Roll & Fruit

WEDNESDAY

MAIN COURSES

Roast Gammon Dinner,
Stuffing
Gravy
Mashed / Roasties
Broccoli & Cauliflower

DESSERT

Jam & Coconut cake & custard

THURSDAY

MAIN COURSES

Chicken Curry
Rice
Naan Bread
Peas

DESSERT

Jelly & Fruit

FRIDAY

MAIN COURSES

Chicken Goujons
Chips
Spaghetti Hoops

DESSERT

Ice cream & Fruit

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

Served weeks commencing:

11 March, 8 April,

6 May, 3 June

26 August, 23 September

MONDAY

MAIN COURSES

Baked Pork Sausages
Chips
Spaghetti Hoops

DESSERT

Shortbread & fresh fruit

TUESDAY

MAIN COURSES

Golden Crumbed Fish Fingers
Mashed Potatoes
Peas

DESSERT

Artic roll & fresh fruit

WEDNESDAY

MAIN COURSES

Roast Chicken Dinner,
Stuffing
Gravy
Mashed / Roasties
Sweetcorn & Broccoli

DESSERT

Rice Krispie sprinkle sq &
custard

THURSDAY

MAIN COURSES

Chicken Curry
Rice
Naan Bread
Peas

DESSERT

Jelly & Fruit

FRIDAY

MAIN COURSES

Beef Burger
Chips
Corn on the cob

DESSERT

Ice cream & Fruit

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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