



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

Golden Crumbed Fish Fingers

SIDES

Sweetcorn & Roasted Peppers

And

Chipped / Baked Potato / Coleslaw

DESSERT

Ice-Cream with Pears & Chocolate Sauce

TUESDAY

MAIN COURSES

Homemade Cottage Pie

SIDES

Spring Greens / Roasted Butternut Squash

And

Oven Baked Potato Wedges/Baked Potato

DESSERT

Summer Fruit Cheesecake

WEDNESDAY

MAIN COURSES

Beef Meatballs with Tomato & Basil Sauce

SIDES

Green Beans / Baton Carrots

And

Steamed Rice / Pasta Spirals

DESSERT

Sticky Date Pudding & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Golden Krispie Square

FRIDAY

MAIN COURSES

School "Chippy Day" Fish or Chicken Goujons / Sausages

SIDES

Baked Beans / Mushy Peas

And

Chipped / Baby New Potatoes

DESSERT

Frozen Fruit Yoghurt



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WEEK TWO

Served weeks commencing:
26 February, 25 March,
22 April, 20 May, 17 June
9 September

MONDAY

MAIN COURSES

Baked Pork Sausages & Gravy

SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

DESSERT

Ice-Cream & Two Fruits

TUESDAY

MAIN COURSES

BBQ Pulled Pork Pizza Wrap

SIDES

Sweetcorn / Baton Carrots

And

Boiled Rice / Oven Roasted Garlic & Paprika Wedges

DESSERT

Jaffa Cake Pots

WEDNESDAY

MAIN COURSES

Breaded Fish & Lemon Mayo

SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Fresh Fruit Salad & Yoghurt

FRIDAY

MAIN COURSES

Beef Burger / Bean Burger in Bap with Onions

SIDES

Corn on the Cob / Pasta Salad

And

Chipped Potato / Steamed Rice

DESSERT

Lemon Shortbread & Melon Wedge



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WEEK THREE

Served weeks commencing:

4 March, 1 April, 29 April,

27 May, 24 June

16 September

MONDAY

MAIN COURSES

Beef Bolognaise

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed
Potato

DESSERT

Chocolate & Orange Cookie

TUESDAY

MAIN COURSES

Breaded Fish & Lemon
Mayo

SIDES

Mushy or Garden Peas /
Baked Beans

And

Chipped / Baked Potato

DESSERT

Raspberry Jelly & Two Fruits

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Diced Carrots & Green Beans

And

Noodles / Rice

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

Or

Salmon & Creamy Tomato
Pasta

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Pineapple Delight

FRIDAY

MAIN COURSES

Hot Dog / Veggie Dog with
Tomato Ketchup

SIDES

Spaghetti Hoops / Corn on
the Cob

And

Chipped / Mashed
Potatoes

DESSERT

Ice-Cream & 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



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WEEK FOUR

Served weeks commencing:

11 March, 8 April,

6 May, 3 June

26 August, 23 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

SIDES

Baked Beans & Garden Peas

And

Chipped/Baked Potato

DESSERT

Homemade Flakemeal Biscuit

TUESDAY

MAIN COURSES

Beef Ragù Italia

SIDES

Sweetcorn / Diced Carrots /
Coleslaw

And

Oven Roasted Potato
Wedges / Rice / Salad

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Garden Peas & Baton Carrots

And

Boiled Rice / Mashed Potato

DESSERT

Arctic Roll and Peaches

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Homemade Brownie &
Orange Wedges

FRIDAY

MAIN COURSES

Chicken Goujons & Sweet
Chilli Dip

SIDES

Spaghetti Hoops / Corn on
the Cob

And

Chipped / Baby New
Potatoes

DESSERT

Fruit Muffin with Pure
Apple / Orange Juice

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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