



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

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

MONDAY

MAIN COURSES

Savoury Mince
Or
Fish Goujon in Soft Shell
Taco with Tomato Salsa

SIDES

Baton Carrots
and
Mashed /Baby Potatoes/
Salad

DESSERT

Mandarin Orange Sponge &
Custard

TUESDAY

MAIN COURSES

Classic Margherita Pizza

SIDES

Broccoli/Coleslaw
and
Chipped Potato/Baked
Potato

DESSERT

Banana Yogurt Pot

WEDNESDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

SIDES

Garden Peas/Spaghetti
Hoops/Salad
and

Chipped Potatoes/
Baked Potatoes

DESSERT

Flakemeal Biscuit & Fruit

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Rich Gravy

SIDES

Carrot & Parsnip/Savoy
Cabbage
and

Mashed Potato/Oven Roast
Potato

DESSERT

Chocolate Sponge &
Custard

FRIDAY

MAIN COURSES

Chicken Curry &
Nann Bread

SIDES

Garden Peas &
Sweetcorn
and

Steamed Rice/Oven Baked
Potato Wedges

DESSERT

Strawberry Jelly, Ice Cream
&
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 TWO

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

MONDAY

MAIN COURSES

Sausage
Roll

SIDES

Baked Beans
and Garden Peas

and

Chipped Potato
Baked Potato
Salad

DESSERT

Ice Cream, Chocolate Sauce
& Sliced Pears

TUESDAY

MAIN COURSES

Mexican Chilli

SIDES

Sweetcorn/Coleslaw

and

Steamed Rice/
Salad

DESSERT

Apple Sponge & Custard

WEDNESDAY

MAIN COURSES

Beef Burger with Tomato
Ketchup

SIDES

Salad
& Sweetcorn

and

Chipped Potatoes/
Baked Potatoes

DESSERT

Flakemeal Biscuit
& fruit

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Rich Gravy
or
Poached
Salmon

SIDES

Cauliflower/Broccoli
and

Mashed Potato/Oven Roast
Potato

DESSERT

Blueberry
Muffin

FRIDAY

MAIN COURSES

Chicken Curry & Naan
Bread

SIDES

Sweetcorn/Garden Peas

and

Steamed Rice

DESSERT

Strawberry Mousse
& Fruit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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WEEK THREE

WEEK COMMENCING:
AUG 28, SEP 25, OCT 23,
NOV 20, DEC 18, JAN 22

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

SIDES

Baked Beans

and

Chipped or Mashed
Potatoes/ Salad

DESSERT

Artic Roll with
Peaches & Pears

TUESDAY

MAIN COURSES

Beef Meatballs with Italian
Tomato & Basil Sauce
Or

SIDES

Garden Peas/Salad

and

Penne Pasta

DESSERT

Fresh Fruit Pot

WEDNESDAY

MAIN COURSES

Tasty Pork Sausages with
Tomato Ketchup or Gravy

SIDES

Sweetcorn & Baked Beans

and

Chipped Potato/Mashed
Potato

DESSERT

Fresh Fruit Selection

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Rich Gravy

SIDES

Carrot & Parsnip/
Cauliflower Cheese

and

Mashed Potato/Oven Roast
Potato

DESSERT

Fairy Cake

FRIDAY

MAIN COURSES

Chicken Curry & Naan
Bread

SIDES

Mini Corn on The Cob

and

Steamed Rice/Salad

DESSERT

Lemon Drizzle Cake and
Custard

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

WEEK COMMENCING:
SEP 04, OCT 2, OCT 30,
NOV 27, JAN 01, JAN 29

MONDAY

MAIN COURSES

Beef Bolognese with Garlic Bread

SIDES

Baton Carrots/Salad

DESSERT

Jelly & Fruit

TUESDAY

MAIN COURSES

Ham & Cheese Pizza
With Garlic Dip

SIDES

Mini Corn on The Cob
Baked Beans/Coleslaw

and

Chipped Potatoes
Jacket Potato

DESSERT

Melon, Mandarin &
Pineapple Pot

WEDNESDAY

MAIN COURSES

Oven Baked Chicken Goujons

or

Admiral's
Ocean Pie

SIDES

Garden Peas/
Baked Beans

and

Chipped & Jacket
Potato/Salad

DESSERT

Homemade Ginger Biscuit &
Fruit

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Rich Gravy

SIDES

Cauliflower Cheese & Baton
Carrots

and

Mashed Potato/Oven Roast
Potato

DESSERT

Ice-Cream, Pears &
Chocolate Sauce

FRIDAY

MAIN COURSES

Chicken Curry &
Naan Bread

Sides

Green Beans
& Sweetcorn

and

Steamed Rice/Salad

DESSERT

Date Fudge & Custard

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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