



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

Classic Margherita Pizza

or

Italian Chicken & Tomato
Pasta Bake with Garlic
Bread

SIDES

Steamed Broccoli
Or Coleslaw

and

Chipped Potato
Salad

DESSERT

Yoghurt & Fruit

TUESDAY

MAIN COURSES

Savoury Mince Pie

Or

Fish Goujon in Soft Shell
Taco with Tomato Salsa

SIDES

Baton Carrots

and

Mashed or Baby Potatoes
Salad

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Chicken Casserole
Or
Chicken Curry
& Naan Bread

SIDES

Garden Peas
& Sweetcorn

and

Steamed Rice/
Mash Potatoes

DESSERT

Strawberry Jelly, Ice Cream
& Fruit

THURSDAY

MAIN COURSES

Roast Gammon
Stuffing & Rich Gravy

SIDES

Savoy Cabbage

and

Mashed Potato/Oven Roast
Potato

DESSERT

Flakemeal Biscuit
Fruit Selection

FRIDAY

MAIN COURSES

Hot Dog

SIDES

Spaghetti Hoops
Salad

and

Chipped Potatoes or
Baked Potatoes

DESSERT

Chocolate Sponge &
Custard

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

Sausages or
Sausage
Roll

SIDES

Baked Beans
or Garden Peas

and

Chipped Potato or
Jacket Potato
Salad

DESSERT

Ice Cream, Chocolate Sauce
& Sliced Pears

TUESDAY

MAIN COURSES

BBQ Chicken Pizza

Or

Mexican
Chilli

SIDES

Sweetcorn/Coleslaw

and

Steamed Rice/Oven Roast
Potato Wedges
Salad

DESSERT

Apple Sponge & Custard

WEDNESDAY

MAIN COURSES

Chicken Casserole
Or
Chicken Curry
& Naan Bread

SIDES

Garden Peas
& Sweetcorn

and

Steamed Rice/
Mash Potatoes

DESSERT

Strawberry Mousse
& fruit

THURSDAY

MAIN COURSES

Roast Chicken
Stuffing & Rich Gravy

SIDES

Cauliflower/Broccoli

and

Mashed Potato
Oven Roast Potato

DESSERT

Blueberry
Muffin

FRIDAY

MAIN COURSES

Beef Burger with Tomato
Ketchup
With Bap

Salmon Fishcake

SIDES

Sweetcorn/Salad

and

Chipped Potatoes

DESSERT

Flakemeal Biscuit
& 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 Potato
Salad

DESSERT

Artic Roll with
Peaches & Pears

TUESDAY

MAIN COURSES

Beef Meatballs with Italian
Tomato & Basil Sauce

Or

Pepperoni/Margherita
Pizza

SIDES

Garden Peas/Salad

and

Pasta Twists/ Oven Baked
Potato Wedges

DESSERT

Fresh Fruit Pot

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

Or

Salt'n'Chilli Chicken Bites

SIDES

Sweetcorn

and

Steamed Rice/Salad/Oven
Baked Potato Wedges

DESSERT

Lemon Drizzle Cake and
Custard

THURSDAY

MAIN COURSES

Roast Turkey
Stuffing & Rich Gravy

SIDES

Carrot & Parsnip/
Cauliflower Cheese

and

Mashed Potato
Oven Roast Potato

DESSERT

Fairy Cake

FRIDAY

MAIN COURSES

Tasty Pork Sausages

SIDES

Baked Beans

and

Chipped Potato

DESSERT

Fresh Fruit Selection

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

Ham & Cheese Pizza with
Garlic Dip

SIDES

Baked Beans

and

Chipped Potato or
Jacket Potato

DESSERT

Melon, Mandarin &
Pineapple Pot

TUESDAY

MAIN COURSES

Beef Bolognaise with Garlic
Bread

Or

Sweet Chilli Chicken Panini
& Coleslaw

SIDES

Salad
Oven Baked Potato Wedges

and

Pasta Twists

DESSERT

Jelly & Fruit

WEDNESDAY

MAIN COURSES

Chicken Casserole

Or

Chicken Curry
& Naan Bread

SIDES

Sweetcorn

and

Steamed Rice/Salad
Mash Potatoes

DESSERT

Cornflake Tart or
Date Fudge
& Custard

THURSDAY

MAIN COURSES

Roast Beef
Stuffing & Rich Gravy

SIDES

Cauliflower Cheese & Baton
Carrots

and

Mashed Potato/Oven Roast
Potato

DESSERT

Shortbread Biscuit
Fruit

FRIDAY

MAIN COURSES

Oven Baked Chicken
Goujons

or

Fish Fillets

SIDES

Baked Beans

and

Chipped Potato
Salad

DESSERT

Ice Cream, Pears
Chocolate Sauce

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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