



# 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

### SIDES

Mashed & Baby  
Potatoes/Pasta Salad

and

Baton Carrots & Baked  
Beans

### DESSERT

Banana  
Yogurt Pot

## TUESDAY

### MAIN COURSES

Roast of the day, stuffing  
& rich gravy

### SIDES

Carrot & parsnip/savoy  
cabbage

and

Mashed potato/oven  
Roast potato

### DESSERT

Chocolate sponge &  
custard

## WEDNESDAY

### MAIN COURSES

Classic  
Margherita pizza

### SIDES

Steamed broccoli/  
coleslaw

and

Chipped potato/baked  
Potato/salad

### DESSERT

Mandarin orange sponge  
& custard

## THURSDAY

### MAIN COURSES

Chicken curry  
& naan bread

### SIDES

Garden peas  
& sweetcorn

and

Steamed rice

### DESSERT

Strawberry jelly, ice  
Cream & fruit

## FRIDAY

### MAIN COURSES

Hot Dog with Tomato  
Ketchup

### SIDES

Garden Peas/Spaghetti  
Hoops/Salad

and

Chipped Potatoes/  
Baked Potatoes

### DESSERT

Fresh  
Fruit Pot

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



# EAT SMART WITH THE LUNCH BUNCH

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WEEK TWO

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

## MONDAY

### MAIN COURSES

Mexican chilli

### SIDES

Sweetcorn/coleslaw

and

Steamed rice/  
salad

### DESSERT

Homemade apple sponge  
& custard

## TUESDAY

### MAIN COURSES

Roast of the day, stuffing  
& rich gravy

### SIDES

Cauliflower/broccoli

and

Mashed potato/oven  
Roast potato

### DESSERT

Rice pudding

## WEDNESDAY

### MAIN COURSES

Sausage roll

### SIDES

Baked beans  
And garden peas

and

Chipped potato/  
salad

### DESSERT

Ice cream, chocolate  
Sauce & sliced pears

## THURSDAY

### MAIN COURSES

Chicken curry  
& naan bread

### SIDES

Garden peas  
& sweetcorn

and

Rice  
Pasta salad

### DESSERT

Muffin

## FRIDAY

### MAIN COURSES

Beef Burger with Tomato  
Ketchup

### SIDES

Sweetcorn/Salad

and

Chipped Potatoes/  
Baked Potatoes

### DESSERT

Flakemeal Biscuit  
& Fruit

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH THE LUNCH BUNCH

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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/Broccoli/Coleslaw

and

Chipped/Mashed  
Potatoes/Rice Salad

### DESSERT

Artic Roll with  
Peaches & Pears

## TUESDAY

### MAIN COURSES

Roast of the day  
Stuffing & gravy

### SIDES

carrot/parsnip  
Cauliflower cheese

and

Creamed/roast potato

### DESSERT

Fairy  
cake

## WEDNESDAY

### MAIN COURSES

Beef meat balls with Italian  
Tomato & basil sauce

### SIDES

Garden peas/salad

and

Penne pasta

### DESSERT

Fresh  
Fruit pot

## THURSDAY

### MAIN COURSES

Chicken curry  
& naan bread

### SIDES

Mini  
Corn on the cob

and

Steamed rice/salad

### DESSERT

Lemon drizzle cake  
& custard

## FRIDAY

### MAIN COURSES

Tasty Pork Sausages with  
Tomato Ketchup or Gravy

### SIDES

Sweetcorn &  
Baked Beans

and

Chipped Potato/  
Salad

### DESSERT

Melon  
Wedge

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH THE LUNCH BUNCH

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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

and

Spaghetti Pasta

### DESSERT

Melon, Mandarin & Pineapple Pot

## TUESDAY

### 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

## WEDNESDAY

### MAIN COURSES

Ham & cheese pizza with Garlic dip

### SIDES

Mini corn on the cob/ Baked beans/coleslaw

and

Chipped potato/ Pasta salad

### DESSERT

Jelly & Mandarin oranges

## THURSDAY

### MAIN COURSES

Chicken curry & naan bread

### SIDES

Green beans & sweet corn

and

### DESSERT

Cornflake tart & custard

## FRIDAY

### 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

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY

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