



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

Served weeks commencing:
7 October, 4 November
2 December, 30 December
27 January

MONDAY

MAIN COURSES

Oven-Baked Fish Fingers

Or

Beef Bolognaise
& Garlic Bread

SIDES

Baked Beans /
Marrowfat Peas

And

Pasta Spirals /
Oven-baked Wedges

DESSERT

Vanilla Ice-Cream,
with Pears & Butterscotch
Sauce

TUESDAY

MAIN COURSES

Homemade BBQ Chicken
Pizza

Or

Traditional Irish Stew
& Wheaten Bread

SIDES

Coleslaw /
Baton Carrots

And

Chipped Potato /
Baked Potato

DESSERT

Homemade Banana Cake

WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken Curry
& Naan Bread

Or

Baked Quorn Dippers
& BBQ Sauce

SIDES

Sweetcorn /
Roast Courgette

And

Boiled Rice /
Mashed Potato

DESSERT

Chocolate & Raspberry
Spongecake with Custard

THURSDAY

MAIN COURSES

Roast Pork,
Stuffing & Gravy

Or

Chicken Goujons
& Sweet Chilli Dip

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Home-baked Popcorn Cookie
& Orange Wedges

FRIDAY

MAIN COURSES

Beef Burger & Bap

Or

Rainbow Salad Wrap
Iceberg Lettuce, Tomato,
Cucumber, Pepper, Cheese

SIDES

Mini Corn-on-the-Cob /
Garden Peas

And

Chipped Potato /
Baked Potato

DESSERT

Frozen Strawberry Mousse

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



EAT SMART WITH THE LUNCH BUNCH

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WEEK TWO

Served weeks commencing:
14 October, 11 November
9 December, 6 January
3 February

MONDAY

MAIN COURSES

Fish Finger "Seadog"
served in a finger roll

Or

Beef Lasagne & Coleslaw

SIDES

Marrowfat Peas /
Baked Beans

And

Chipped Potato /
Baby Potato

DESSERT

Apple & Pear Crumble
with Custard

TUESDAY

MAIN COURSES

Savoury Beef Mince
& Crusty Bread

Or

Homemade Margherita Pizza

SIDES

Sweetcorn /
Baton Carrots

And

Oven-baked Cubed Potato /
Mashed Potato

DESSERT

Arctic Roll
& Winter Berry Sauce

WEDNESDAY

MAIN COURSES

Peppered Chicken

Or

Oven-Baked Pork Sausages

SIDES

Mini Corn-on-the-Cob /
Garden Peas

And

Mashed Potato /
Boiled Rice

DESSERT

Home-baked Jam & Coconut
Sponge & Custard

THURSDAY

MAIN COURSES

Roast Gammon,
Stuffing & Gravy

Or

Creamy Mac 'n' Cheese
with Garlic Bread

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Chocolate Rice Krispie
Square

FRIDAY

MAIN COURSES

Crispy Baked Chicken
Burger & Bap

Or

Tuna Mayo Deli Roll

SIDES

Spaghetti Hoops /
Asian Slaw

And

Chipped Potato /
Baked Potato

DESSERT

Raspberry Jelly
& Peach Slices

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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WEEK THREE

Served weeks commencing:
21 October, 18 November
16 December, 13 January
10 February

MONDAY

MAIN COURSES

Homemade Ham & Cheese
Pizza

Or

Home-Baked Chicken
Crumble

SIDES

Spaghetti Hoops /
Mini Corn-on-the-Cob

And

Roast Potato Wedges /
Mashed Potatoes

DESSERT

Vanilla Ice-Cream
with Pear Slices & Hot
Chocolate Sauce

TUESDAY

MAIN COURSES

Beef Bolognese

Or

Roast Chicken and Gravy

SIDES

Cauliflower Cheese /
Steamed Broccoli

And

Mashed Potato /
Pasta

DESSERT

Apple Sponge with Custard

WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken Curry
& Naan Bread

Or

Oven-Baked Breaded Whiting

SIDES

Garden Peas / Roast
Butternut Squash

And

Chipped Potato / Boiled Rice

DESSERT

Frozen Smoothie

THURSDAY

MAIN COURSES

Roast Beef,
Yorkshire Pudding & Gravy

Or

Salmon Fish Fingers
& Lemon Mayonnaise

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Chocolate Cracknel & Custard

FRIDAY

MAIN COURSES

Hotdog
& Tomato Ketchup

Or

Beef Burrito

SIDES

Coleslaw /
Baked Beans

And

Chipped Potato /
Pasta Salad

DESSERT

Homemade Oatmeal
Biscuit & Fresh Fruit Pot

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

Served weeks commencing:

28 October, 25 November

23 December, 20 January

MONDAY

MAIN COURSES

Oven-Baked Fish Goujons

Or

Homemade Margherita Pizza

SIDES

Steamed Garden Peas /
Spaghetti Hoops

And

Chipped Potato /
Baked Potato

DESSERT

Chocolate & Raspberry
Brownie

TUESDAY

MAIN COURSES

Cottage Pie

Or

Oven-Baked Chicken
Goujons & Choice of Dip

SIDES

Baton Carrots /
Steamed Broccoli

And

Garlic & Herb Potato
Wedges / Pasta Spirals

DESSERT

Ice-cream, Jelly & Two Fruit

WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken Curry
& Naan Bread

Or

Oven-Baked Cod Fishcake

SIDES

Sweetcorn /
Roasted Butternut Squash

And

Boiled Rice /
Mashed Potato

DESSERT

Chocolate & Pear Sponge
with Custard

THURSDAY

MAIN COURSES

Turkey & Ham,
Stuffing, Gravy

Or

Sweet Potato Fritter,
Flatbread & Sweet Chilli Mayo

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Homemade Flapjack
& Orange Wedges

FRIDAY

MAIN COURSES

Oven-Baked Chicken
Nuggets

Or

Homemade Beef Lasagne
with Crunchy Coleslaw

SIDES

Baked Beans /
Garden Peas

And

Chipped Potato /
Baked Potato

DESSERT

Choice of Fruit Yoghurt Pot

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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