



# 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

Or

Freshly Baked Ham & Cheese  
Panini

SIDES

Baked Beans & Garden Peas

And

Chipped/Baked Potato

DESSERT

Homemade Flakemeal Biscuit

### TUESDAY

#### MAIN COURSES

Beef Ragu Italia

Or

Homemade Margherita  
Pizza

SIDES

Sweetcorn / Diced Carrots /  
Coleslaw

And

Oven Roasted Potato  
Wedges / Rice / Salad

DESSERT

Mandarin Orange Sponge &  
Custard

### WEDNESDAY

#### MAIN COURSES

Chicken Curry & Naan Bread

Or

Baked Pork Sausages & Gravy

SIDES

Garden Peas & Baton Carrots

And

Boiled Rice / Mashed Potato

DESSERT

Rice Pudding & Fruit

### THURSDAY

#### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy

Or

Quorn Dippers

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Homemade Brownie &  
Orange Wedges

### FRIDAY

#### MAIN COURSES

Chicken Goujons & Sweet  
Chilli Dip

Or

Roast Mediterranean  
Vegetable Pasta Bake

SIDES

Spaghetti Hoops / Corn on  
the Cob

And

Chipped / Baby New  
Potatoes

DESSERT

Fruit Muffin with Pure  
Apple / Orange Juice

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

## ea catering WEEK TWO

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

### MONDAY

#### MAIN COURSES

Golden Crumbed Fish Fingers

Or

Creamy Chicken & Broccoli  
Pasta with Garlic Bread

#### SIDES

Sweetcorn & Roasted  
Peppers

And

Chipped / Baked Potato /  
Coleslaw

#### DESSERT

Ice-Cream with Pears &  
Chocolate Sauce

### TUESDAY

#### MAIN COURSES

Homemade Cottage Pie

Or

Homemade Margherita Pizza

#### SIDES

Spring Greens / Roasted  
Butternut Squash

And

Oven Baked Potato  
Wedges/Baked Potato

#### DESSERT

Summer Fruit Cheesecake

### WEDNESDAY

#### MAIN COURSES

Chicken Curry & Naan Bread

Or

Beef Meatballs with Tomato &  
Basil Sauce

#### SIDES

Green Beans / Baton Carrots

And

Steamed Rice / Pasta Spirals

#### DESSERT

Sicky Date Pudding & Custard

### THURSDAY

#### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy

Or

Chicken & Pepper Fajita

#### 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

Or

Baked Potato with Tuna &  
Sweetcorn / Salad

#### SIDES

Baked Beans / Mushy Peas

And

Chipped / Baby New  
Potatoes

#### DESSERT

Frozen Fruit Yoghurt

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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### WEEK THREE

Served weeks commencing:  
 4 March, 1 April, 29 April,  
 27 May, 24 June  
 16 September

## MONDAY

### MAIN COURSES

Baked Pork Sausages & Gravy

Or

Jerk Chicken & Caribbean Rice with Flatbread

### SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

### DESSERT

Ice-Cream & Two Fruits

## TUESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

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

Or

Beef Lasagne / Garlic Bread / Coleslaw

### SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

### DESSERT

Fruit Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing & Gravy

Or

Roast Butternut Squash, Penne Pasta and Tomato & Pesto Sauce

### 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

Or

Salt & Chilli Chicken

### SIDES

Corn on the Cob / Pasta Salad

And

Chipped Potato / Steamed Rice

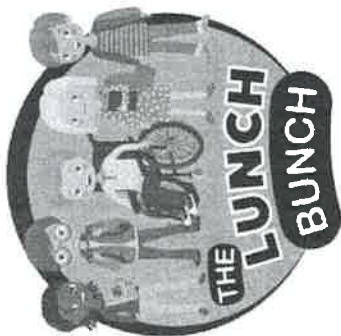
### DESSERT

Lemon Shortbread & Melon Wedge

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH

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ea catering

WEEK FOUR

Served weeks commencing:

11 March, 8 April,

6 May, 3 June

26 August, 23 September

## MONDAY

### MAIN COURSES

Beef Bolognese

Or

Chicken Goujon Wrap with choice of dip

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed Potato

DESSERT

Chocolate & Orange Cookie

## TUESDAY

### MAIN COURSES

Breaded Fish & Lemon Mayo

Or

Homemade Margherita Pizza

SIDES

Mushy or Garden Peas / Baked Beans

And

Chipped / Baked Potato

DESSERT

Raspberry Jelly & Two Fruits

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Chinese-style Beef & Vegetables

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

Or

Chicken & Summer Veg Pie

SIDES

Spaghetti Hoops / Corn on the Cob

And

Chipped / Mashed Potatoes

DESSERT

Ice-Cream & Mandarin Oranges

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY

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