



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

Fish Goujons

SIDES

Mashed potatoes

and

Baked Beans

DESSERT

Banana
Yogurt Pot

TUESDAY

MAIN COURSES

Classic
Margherita Pizza

SIDES

Tossed salad
Coleslaw

and

Chipped Potato/Baked
Potato

DESSERT

Fruit muffin

WEDNESDAY

MAIN COURSES

Roast of the day, stuffing
and rich gravy

SIDES

Garden Peas
& Sweetcorn

and

Oven roast potatoes

DESSERT

Strawberry Jelly, Ice Cream
& Fruit

THURSDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

SIDES

Batton carrots, peppers and
cucumber

and

Chipped potatoes/baked
potatoes

DESSERT

Chocolate chip cookie

FRIDAY

MAIN COURSES

Chicken curry and naan
bread

SIDES

Garden Peas

and

Steamed rice

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



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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/
Salad

DESSERT

Ice Cream, Chocolate Sauce
& Sliced Pears

TUESDAY

MAIN COURSES

Bolognaise and crusty
bread

SIDES

Sweetcorn/Coleslaw

and

Penne pasta

DESSERT

Homemade Apple Sponge
& Custard

WEDNESDAY

MAIN COURSES

Roast of the Day, Stuffing &
Rich Gravy

SIDES

Garden Peas
& diced carrots

and

Oven roast potatoes

DESSERT

Fruit smoothies

THURSDAY

MAIN COURSES

Beef Burger with Tomato
Ketchup

SIDES

Sweetcorn/Salad

and

Chipped Potatoes/
Baked Potatoes

DESSERT

Flakemeal Biscuit
& Fruit

FRIDAY

MAIN COURSES

Chicken curry and naan
bread

SIDES

Garden peas

and

Steamed rice

DESSERT

Blueberry muffin

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/Broccoli/Coleslaw

and

Chipped/Mashed
Potatoes/Rice Salad

DESSERT

Artic Roll with
Peaches & Pears

TUESDAY

MAIN COURSES

Bolognaise

SIDES

Garden Peas/Salad

and

Penne Pasta

DESSERT

Fresh
Fruit Pot

WEDNESDAY

MAIN COURSES

Roast of the day, stuffing
and rich gravy

SIDES

Carrot and parsnip

and

Steamed Rice/Salad

DESSERT

Lemon Drizzle Cake
& Custard

THURSDAY

MAIN COURSES

Tasty Pork sausages with
tomato ketchup or gravy

SIDES

Baked beans /peas

and

Chipped potatoes

DESSERT

Double chocolate muffin

FRIDAY

MAIN COURSES

Chicken curry and naan
bread

SIDES

Garden peas

and

Steamed rice

DESSERT

Melon
Wedge

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 Bolognaise with Garlic
Bread

SIDES

Baton Carrots/Salad

and

Penne Pasta

DESSERT

Melon, Mandarin &
Pineapple Pot

TUESDAY

MAIN COURSES

Ham & Cheese Pizza with
Garlic Dip

SIDES

Salad /Coleslaw

and

Chipped Potato
/ baked potato

DESSERT

Jelly &
Mandarin Oranges

WEDNESDAY

MAIN COURSES

Roast of the day, stuffing
and rich gravy

SIDES

Green Beans
Baton carrots

and

Oven roast potatoes

DESSERT

Chocolate sponge
& Custard

THURSDAY

MAIN COURSES

Oven baked Chicken
Goujons

SIDES

Sweetcorn /beans

and

Chipped /baked potatoes

DESSERT

Ice Cream, Pears &
Chocolate Sauce

FRIDAY

MAIN COURSES

Chicken curry and naan
bread

SIDES

Garden Peas

and

Steamed rice

DESSERT

Homemade Ginger
Biscuit & Fruit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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