



EAT SMART WITH

THE LUNCH BUNCH

ea catering WEEK 1

Week commencing
AUG 28, SEPT 25, OCT 23,
NOV 20, DEC 18, JAN 22

MONDAY

MAIN COURSES

Pasta Bolognaise with
Garlic Bread

Or

Fish Goujon in Soft
Shell Taco & Zingy
Tomato Salsa
Garlic Bread

SIDES

Baked Beans/Tossed
Salad

Mashed Potatoes

DESSERT

Yoghurt / Fresh Fruit

TUESDAY

MAIN COURSES

Classic Margherita
Pizza

Or

Italian Chicken &
Tomato Pasta

SIDES

Steamed
Broccoli/Coleslaw

Chipped Potatoes/
Mashed Potatoes

DESSERT

Strawberry Mousse &
Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Crispy Cod Fishcake/
Garlic & Lemon Mayo

SIDES

Garden Peas/Sweetcorn

Steamed Rice/
Oven Baked Wedges/
Mashed Potatoes

DESSERT

Chocolate Sponge &
Custard

THURSDAY

MAIN COURSES

Roast Pork, Stuffing &
Gravy

Or

Chicken Panini/Dressed
Salad

SIDES

Carrots & Parsnip/Savoy
Cabbage

Mashed Potatoes/
Oven Roast Potato

DESSERT

Strawberry Jelly, Ice
Cream & Fruit

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

Or

Creamy Chicken &
Vegetable Bake

SIDES

Coleslaw/Tossed Salad

Chipped Potatoes/
Mashed Potatoes

DESSERT

Fresh Fruit Pot &
Homemade Biscuit

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