



EAT SMART WITH THE LUNCH BUNCH

ea catering WEEK 2

WEEK COMMENCING:
SEP 04, OCT 02, OCT 30,
NOV 27, JAN 01, JAN 29

MONDAY

MAIN COURSES

Sausage Roll

Or

Sweet and Sour
Chicken & Rice

SIDES

Spaghetti Hoops &
Garden Peas

Chipped Potatoes/
Mashed Potatoes

DESSERT

Ice Cream, Chocolate
Sauce and Sliced
Pears

TUESDAY

MAIN COURSES

Pasta Bolognese with
Garlic Bread

Or

Oven Baked Salmon

SIDES

Sweetcorn/Tossed Salad

Mashed Potatoes

DESSERT

Iced Sponge &
Custard

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Cheese or BBQ Chicken
Pizza

SIDES

Garden Peas

Rice/Mashed Potatoes

DESSERT

Fresh Fruit Salad and
Yoghurt

THURSDAY

MAIN COURSES

Roast Turkey or Chicken,
Stuffing & Gravy

Or

Salad filled Pitta with
Barbeque Pulled Pork

SIDES

Broccoli and Carrots

Mashed Potatoes/
Oven Roasted Potato

DESSERT

Fruit Muffin &
Milkshake

FRIDAY

MAIN COURSES

Beef Burger in a Bap
with Tomato Ketchup

Or

Peppered Chicken &
Rice

SIDES

Sweetcorn/Tossed Salad

Chipped Potatoes/
Mashed Potatoes

DESSERT

Flakemeal Biscuit &
Fruit

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