



EAT SMART WITH

THE LUNCH BUNCH

ea catering WEEK 4

WEEK COMMENCING:
SEP 18, OCT 16, NOV 13,
DEC 11, JAN 15, FEB 12

MONDAY

MAIN COURSES

Spaghetti Bolognaise
& Garlic Bread

Or

Cod Fishcake with
Ketchup

SIDES

Garden Peas

Oven Baked Potato
Wedges/
Mashed Potatoes

DESSERT

Yoghurt / Fresh Fruit

TUESDAY

MAIN COURSES

Ham & Cheese Pizza or
Pepperoni with Garlic
Dip

Or

Tex Mex Beef & Veg
Enchilada

SIDES

Mini Corn on the Cob/
Coleslaw

Chipped Potatoes/
Mashed Potatoes

DESSERT

Jelly & Mandarin
Oranges

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Oven Baked Sausages

SIDES

Sweetcorn/Baked Beans

Rice/Mashed Potatoes

DESSERT

Cracknel & Custard

THURSDAY

MAIN COURSES

Roast Beef, Stuffing &
Gravy

Or

Stuffed Chicken and
Gravy

SIDES

Broccoli/Carrots

Mashed Potatoes/
Oven Roast Potato

DESSERT

Ice Cream, Pears &
Chocolate Sauce

FRIDAY

MAIN COURSES

Oven Baked Chicken
Goujons/Garlic Dip

Or

Sweet Chilli Chicken
Panini

SIDES

Tossed Salad/Spaghetti
Hoops

Chipped Potatoes/
Mashed Potatoes

DESSERT

Homemade Ginger
Biscuit and 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