



# 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

Homemade Margherita  
Pizza,  
Chips & Beans

### DESSERT

Toffee or strawberry  
Yoghurt & Fresh fruit

## TUESDAY

### MAIN COURSES

Beef Bolognese,  
Pasta  
Sweetcorn

### DESSERT

Artic Roll & Fresh Fruit

## WEDNESDAY

### MAIN COURSES

Roast Gammon Dinner,  
Stuffing  
Gravy  
Mashed / Roasties  
Carrots & Cauliflower

### DESSERT

Chocolate cake & Custard

## THURSDAY

### MAIN COURSES

Chicken Curry  
Rice  
Naan Bread  
Peas

### DESSERT

Jelly & fruit

## FRIDAY

### MAIN COURSES

Hot Dog or Veggie Dog  
Chips  
Spaghetti Hoops

### DESSERT

Ice-Cream & Mandarin  
Oranges



# 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  
Chips  
Beans

### DESSERT

Chocolate Cookie & Fruit

## TUESDAY

### MAIN COURSES

Beef Ragu Italia  
Rice  
Diced Carrots

### DESSERT

Artic Roll & Fresh Fruit

## WEDNESDAY

### MAIN COURSES

Roast Chicken Dinner,  
Stuffing  
Gravy  
Mashed / Roasties  
Broccoli & Baton Carrots

### DESSERT

Old school cake & Custard

## THURSDAY

### MAIN COURSES

Chicken Curry  
Rice  
Naan Bread  
Peas

### DESSERT

Toffee or strawberry  
flavoured yoghurt & Fruit

## FRIDAY

### MAIN COURSES

Chicken Goujons  
Chips  
Spaghetti Hoops

### DESSERT

Ice cream & Fruit  
Pure Apple / Orange Juice

MILK, WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL DIETARY REQUIREMENTS,  
PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO PRODUCT  
AVAILABILITY



# EAT SMART WITH THE LUNCH BUNCH

**ea catering**  
**WEEK THREE**

Served weeks commencing:

4 March, 1 April, 29 April,  
27 May, 24 June  
16 September

## MONDAY

### MAIN COURSES

Golden Crumbed Fish  
Fingers  
Chips  
Beans

### DESSERT

Flakemeal & Fruit

## TUESDAY

### MAIN COURSES

Homemade Margherita Pizza  
Wedges  
Peas & Sweetcorn

### DESSERT

Artic Roll & Fruit

## WEDNESDAY

### MAIN COURSES

Roast Gammon Dinner,  
Stuffing  
Gravy  
Mashed / Roasties  
Broccoli & Cauliflower

### DESSERT

Jam & Coconut cake & custard

## THURSDAY

### MAIN COURSES

Chicken Curry  
Rice  
Naan Bread  
Peas

### DESSERT

Jelly & Fruit

## FRIDAY

### MAIN COURSES

Chicken Goujons  
Chips  
Spaghetti Hoops

### DESSERT

Ice cream & Fruit

MILK, WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH THE LUNCH BUNCH

**ea catering**  
**WEEK FOUR**

Served weeks commencing:

11 March, 8 April,

6 May, 3 June

26 August, 23 September

## MONDAY

### MAIN COURSES

Baked Pork Sausages  
Chips  
Spaghetti Hoops

### DESSERT

Shortbread & fresh fruit

## TUESDAY

### MAIN COURSES

Golden Crumbed Fish Fingers  
Mashed Potatoes  
Peas

### DESSERT

Artic roll & fresh fruit

## WEDNESDAY

### MAIN COURSES

Roast Chicken Dinner,  
Stuffing  
Gravy  
Mashed / Roasties  
Sweetcorn & Broccoli

### DESSERT

Rice Krispie sprinkle sq &  
custard

## THURSDAY

### MAIN COURSES

Chicken Curry  
Rice  
Naan Bread  
Peas

### DESSERT

Jelly & Fruit

## FRIDAY

### MAIN COURSES

Beef Burger  
Chips  
Corn on the cob

### DESSERT

Ice cream & Fruit