



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

Savoury
Mince

Or

Italian Chicken & Tomato
Pasta & Garlic Bread

SIDES

Baton Carrot/Salad

Mashed Potatoes

DESSERT

Banana Yoghurt Pot

TUESDAY

MAIN COURSES

Classic Margherita
Pizza

Or

Fish Goujon in Soft Shell
Taco & Zingy Tomato
Salsa

SIDES

Baked
Beans/Salad/Coleslaw

Chipped Potatoes/
Baked Potato

DESSERT

Strawberry Mousse &
Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Chicken Panini

SIDES

Garden Peas/Sweetcorn

Steamed Rice/
Oven Baked Wedges

DESSERT

Chocolate Sponge &
Custard

THURSDAY

MAIN COURSES

Roast Gammon

Or

Chicken Casserole

SIDES

Carrots & Parsnip/Savoy
Cabbage

Mashed Potatoes/
Oven Roast Potato

DESSERT

Strawberry Jelly, Ice
Cream & Fruit

FRIDAY

MAIN COURSES

Hot Dog

Or

Salmon Fishcakes

SIDES

Tomato
Ketchup/Coleslaw/Salad

Chipped Potatoes/
Baked Potato

DESSERT

Fresh Fruit Pot &
Biscuit



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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

SIDES

Spaghetti Hoops &
Garden Peas

Chipped
Potatoes/Steamed Rice

DESSERT

Ice Cream, Chocolate
Sauce and Sliced
Pears

TUESDAY

MAIN COURSES

Pasta Bolognese with
Garlic Bread

Or

BBQ Chicken Pizza

SIDES

Sweetcorn/Salad

Oven Roasted Potato
Wedges

DESSERT

Zesty Orange Sponge
& Custard

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Salad filled Pitta with
Pulled Pork and Coleslaw

SIDES

Garden Peas

Steamed Rice

DESSERT

Fresh Fruit Salad and
Yoghurt

THURSDAY

MAIN COURSES

Roast Chicken with
Stuffing & Gravy

Or

Salmon Fishcake

SIDES

Cauliflower or Broccoli
and Carrots

Mashed Potatoes/Oven
Roasted Potato

DESSERT

Blueberry
Muffin

FRIDAY

MAIN COURSES

Beef Burger in a Bap
with Tomato Ketchup

Or

Peppered Chicken

SIDES

Sweetcorn/Salad

Chipped
Potatoes/Steamed Rice

DESSERT

Flakemeal Biscuit &
Fruit



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WEEK 3

WEEK COMMENCING:
SEP 11, OCT 9, NOV 6,
DEC 4, JAN 8, FEB 5

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

Or

Mighty Mac 'n' Cheese with Garlic Bread Slice

SIDES

Baked Beans/Coleslaw

Chipped Potatoes/
Mashed Potatoes

DESSERT

Artic Roll with Peaches & Pears

TUESDAY

MAIN COURSES

Italian Beef with Crusty Roll

Or

Pepperoni/Margherita Pizza

SIDES

Garden Peas/Salad

Homemade Diced Potatoes

DESSERT

Fresh Fruit Pot

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken Curry & Naan Bread

Or

Steak Burger in a Bap & Cheese

SIDES

Steamed Rice/Salad

DESSERT

Lemon Drizzle Cake & Custard

THURSDAY

MAIN COURSES

Roast Turkey

Or

Savoury Mince

SIDES

Carrot & Parsnip/Cauliflower Cheese

Mashed Potatoes/
Oven Roast Potato

DESSERT

Melon Wedge

FRIDAY

MAIN COURSES

Tasty Pork Sausages with Tomato Ketchup/Gravy

Or

Salt N Chilli Chicken Wrap with Garlic Mayo

SIDES

Mini Corn on the Cob/
Spaghetti Hoops

Chipped Potatoes/
Mashed Potatoes

DESSERT

Decorated Fairy Cake



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WEEK 4

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

MONDAY

MAIN COURSES

Beef Bolognese with
Garlic Bread

Or

Salmon Fishcakes with
Tartare Sauce

SIDES

Garden Peas

Oven Baked Potato
Wedges

DESSERT

Melon, Mandarin &
Pineapple Pots with
Yoghurt Dip

TUESDAY

MAIN COURSES

Ham & Cheese Pizza or
Pepperoni with Garlic Dip

Or

Tex Mex Beef & Veg
Enchilada

SIDES

Sweetcorn and Red
Pepper/Coleslaw

Chipped Potatoes/
Baked Potato

DESSERT

Jelly & Mandarin
Oranges

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

BBQ Chicken Wrap with
Crunchy Salad

SIDES

Green Beans

Steamed Rice

DESSERT

Cornflake Tart &
Custard

THURSDAY

MAIN COURSES

Roast Pork

Or

Stuffed Chicken

SIDES

Broccoli/Turnip

Mashed Potatoes/
Oven Roast Potato

DESSERT

Ice Cream, Pears &
Chocolate Sauce

FRIDAY

MAIN COURSES

Oven Baked Chicken
Goujons

Or

Sweet Chilli Chicken
Panini

SIDES

Salad/Baked Beans

Chipped Potatoes/
Mashed Potatoes

DESSERT

Homemade Ginger
Biscuit and Fruit