



# EAT SMART WITH THE LUNCH BUNCH

ea catering

| DATES   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|--|---|--|--|
| Week commencing<br>28 <sup>th</sup> AUG<br>25 <sup>th</sup> SEPT<br>23 <sup>rd</sup> OCT<br>20 <sup>th</sup> NOV<br>18 <sup>th</sup> DEC<br>22 <sup>nd</sup> JAN    | Savoury Mince Or<br>Italian Chicken & Tomato Pasta &<br>Garlic Bread<br><br>Baton Carrot/Salad<br><br>Mashed Potatoes<br><br>Banana Yoghurt Pot  | Classic Margherita<br>Pizza Or Fish Goujon in Soft Shell<br>Taco & Zingy Tomato Salsa<br><br>Baked Beans/ Salad/ Coleslaw<br><br>Chipped Potatoes/ Baked Potato<br><br>Strawberry Mousse & Fruit       | Lunch Bunch Chicken Curry &<br>Naan Bread or Chicken Panini<br><br>Garden Peas/Sweetcorn<br><br>Steamed Rice/Oven Baked Wedges<br><br>Chocolate Sponge & Custard        | Roast of the Day or Chicken<br>Casserole<br><br>Carrots & Parsnip/Savoy Cabbage<br><br>Mashed Potatoes/Oven Roast<br>Potato<br><br>Strawberry Jelly, Ice Cream & Fruit       | Hot Dog Or Crispy Cod Fishcakes<br><br>Tomato Ketchup/Coleslaw/Salad<br><br>Chipped Potatoes/Baked Potato<br><br>Fresh Fruit Pot & Biscuit   |
| WEEK<br>COMMENCING:<br>4 <sup>th</sup> SEP<br>2 <sup>nd</sup> OCT<br>30 <sup>th</sup> OCT<br>27 <sup>th</sup> NOV<br>1 <sup>st</sup> JAN<br>29 <sup>th</sup> JAN    | Sausage Roll Or<br>Sweet and Sour Chicken<br><br>Spaghetti Hoops & Garden Peas<br><br>Chipped Potatoes/Rice<br><br>Ice Cream, Chocolate Sauce and<br>Sliced Pears                                | Pasta Bolognese with Garlic Bread<br>or BBQ Chicken Pizza<br><br>Sweetcorn/Salad<br><br>Oven Roasted Potato Wedges<br><br>Zesty Orange Sponge & Custard  | Lunch Bunch Chicken Curry &<br>Naan Bread Or<br>Salad filled Pitta with Pulled Pork<br>and Coleslaw<br><br>Garden Peas<br><br>Rice<br><br>Fresh Fruit Salad and Yoghurt | Roast of the Day with Stuffing &<br>Gravy or Poached Salmon<br><br>Cauliflower or Broccoli and Carrots<br><br>Mashed Potatoes/Oven Roasted<br>Potato<br><br>Blueberry Muffin | Beef Burger in a Bap with Tomato<br>Ketchup or Pepper Chicken & Rice<br><br>Sweetcorn/Salad<br><br>Chipped Potatoes/Rice<br><br>Flake meal Biscuit & Fruit   |
| WEEK<br>COMMENCING:<br>11 <sup>th</sup> SEP<br>9 <sup>th</sup> Oct<br>6 <sup>th</sup> NOV<br>4 <sup>th</sup> DEC<br>8 <sup>th</sup> JAN<br>5 <sup>th</sup> FEB      | Golden Crumbed Fish Fingers or<br>Mighty Mac 'n' Cheese with Garlic<br>Bread Slice<br><br>Baked Beans/Coleslaw<br><br>Chipped Potatoes/Mashed<br>Potatoes<br><br>Artic Roll with Peaches & Pears | Italian Beef with Crusty Roll or<br>Pepperoni/Margherita Pizza<br><br>Garden Peas/Salad<br><br>Homemade Diced Potatoes<br><br>Fresh Fruit Pot  | Lunch Bunch Chicken Curry &<br>Naan Bread or Steak Burger in a<br>Bap & Cheese<br><br>Steamed Rice/Salad<br><br>Lemon Drizzle Cake & Custard                            | Roast of the Day or Savoury Mince<br><br>Carrot & Parsnip/Cauliflower<br>Cheese<br><br>Mashed Potatoes/Oven Roast<br>Potato<br><br>Melon Wedge                               | Tasty Pork Sausages with Tomato<br>Ketchup/Gravy Or Salt N Chilli<br>Chicken Wrap with Garlic Mayo<br><br>Mini Corn on the Cob/Spaghetti<br>Hoops<br><br>Chipped Potatoes/Mashed<br>Potatoes<br><br>Decorated Fairy Cake |
| WEEK<br>COMMENCING:<br>18 <sup>th</sup> SEP<br>16 <sup>th</sup> OCT<br>13 <sup>th</sup> NOV<br>11 <sup>th</sup> DEC<br>15 <sup>th</sup> JAN<br>12 <sup>th</sup> FEB | Beef Bolognese with Garlic Bread<br>or Cod Fishcakes with Tartare<br>Sauce<br><br>Garden Peas<br><br>Oven Baked Potato Wedges<br><br>Melon, Mandarin & Pineapple Pots<br>with Yoghurt Dip        | Ham & Cheese Pizza or Pepperoni<br>with Garlic Dip or Tex Mex Beef &<br>Veg Enchilada<br><br>Sweetcorn and Red<br>Pepper/Coleslaw<br><br>Chipped Potatoes/Baked Potato<br><br>Jelly & Mandarin Oranges | Lunch Bunch Chicken Curry &<br>Naan Bread or BBQ Chicken Wrap<br>with Crunchy Salad<br><br>Green Beans<br><br>Steamed Rice<br><br>Cornflake Tart & Custard              | Roast of the Day or Stuffed<br>Chicken<br><br>Broccoli/Turnip<br><br>Mashed Potatoes/Oven Roast<br>Potato<br><br>Ice Cream, Pears & Chocolate<br>Sauce                       | Oven Baked Chicken Goujons or<br>Sweet Chilli Chicken Panini<br><br>Salad/Baked Beans<br><br>Chipped Potatoes/Mashed<br>Potatoes<br><br>Homemade Ginger Biscuit and<br>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