



**EAT SMART WITH**

ea catering  
**WEEK 1**

# THE LUNCH BUNCH

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 of the Day

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

Crispy Cod Fishcakes

### SIDES

Tomato  
Ketchup/Coleslaw/Salad

Chipped Potatoes/Baked  
Potato

### DESSERT

Fresh Fruit Pot &  
Biscuit

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



## EAT SMART WITH

## ea catering WEEK 2

# THE LUNCH BUNCH

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/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

Rice

#### DESSERT

Fresh Fruit Salad  
and  
Yoghurt

### THURSDAY

#### MAIN COURSES

Roast of the Day with  
Stuffing & Gravy

Or

Poached Salmon

#### 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 &  
Rice

#### SIDES

Sweetcorn/Salad

Chipped Potatoes/Rice

#### DESSERT

Flakemeal Biscuit &  
Fruit

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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**EAT SMART WITH**

# THE LUNCH BUNCH

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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 of the Day

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

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH

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## ea catering 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

Cod 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 of the Day

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

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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