



# 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

Or

Creamy Chicken & Broccoli  
Pasta with Garlic Bread

### SIDES

Sweetcorn & Roasted  
Peppers

And

Chipped / Baked Potato /  
Coleslaw

### DESSERT

Ice-Cream with Pears &  
Chocolate Sauce

## TUESDAY

### MAIN COURSES

Homemade Cottage Pie

Or

Homemade Margherita Pizza

### SIDES

Spring Greens / Roasted  
Butternut Squash

And

Oven Baked Potato  
Wedges/Baked Potato

### DESSERT

Summer Fruit Cheesecake

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Beef Meatballs with Tomato &  
Basil Sauce

### SIDES

Green Beans / Baton Carrots

And

Steamed Rice / Pasta Spirals

### DESSERT

Sticky Date Pudding & Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy

Or

Chicken & Pepper Fajita

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Golden Krispie Square

## FRIDAY

### MAIN COURSES

School "Chippy Day" Fish or  
Chicken Goujons / Sausages

Or

Baked Potato with Tuna &  
Sweetcorn / Salad

### SIDES

Baked Beans / Mushy Peas

And

Chipped / Baby New  
Potatoes

### DESSERT

Frozen Fruit Yoghurt

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 FOUR**

Served weeks commencing:

11 March, 8 April,

6 May, 3 June

26 August, 23 September

## MONDAY

### MAIN COURSES

Baked Pork Sausages & Gravy

Or

Jerk Chicken & Caribbean Rice with Flatbread

### SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

### DESSERT

Ice-Cream & Two Fruits

## TUESDAY

### MAIN COURSES

Breaded Fish & Lemon Mayo

Or

Beef Lasagne / Garlic Bread / Coleslaw

### SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

### DESSERT

Fruit Sponge & Custard

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

BBQ Pulled Pork Pizza Wrap

### SIDES

Sweetcorn / Baton Carrots

And

Boiled Rice / Oven Roasted Garlic & Paprika Wedges

### DESSERT

Jaffa Cake Pots

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing & Gravy

Or

Roast Butternut Squash, Penne Pasta and Tomato & Pesto Sauce

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Fresh Fruit Salad & Yoghurt

## FRIDAY

### MAIN COURSES

Beef Burger / Bean Burger in Bap with Onions

Or

Salt & Chilli Chicken

### SIDES

Corn on the Cob / Pasta Salad

And

Chipped Potato / Steamed Rice

### DESSERT

Lemon Shortbread & Melon Wedge

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