



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 2

28 August
25 September
23 October
20 November
18 December

MONDAY

MAIN COURSES

Chicken Nuggets
Or
Homemade Lasagna

SIDES

Steamed Broccoli &
Garden Peas
Chipped Potato,
Mashed Potato

DESSERT

Ice Cream, Chocolate
Sauce & Sliced Pears

TUESDAY

MAIN COURSES

Spaghetti Bolognese
Or
BBQ Chicken Pizza

SIDES

Sweetcorn & Baked
Beans
Diced Potatoes, Pasta,
Salad

DESSERT

Fruit & frozen
strawberry mousse

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread
Or
Golden Crumbed Fish
Fingers

SIDES

Garden Peas
Rice, Salad, Mashed
Potato

DESSERT

Rice Krispie Square &
Fruit

THURSDAY

MAIN COURSES

Roast Turkey, Stuffing &
Rich Gravy
Or
Salmon Fishcake

SIDES

Cauliflower & Baton
Carrots
Mashed Potato or Oven
Roast Potato

DESSERT

Fruit Muffin Slab

FRIDAY

MAIN COURSES

Steak Burger &
Tomato Ketchup
Or
Chicken Crumble

SIDES

Sweetcorn & Salad
Or
Chipped Potato, Pasta

DESSERT

Flakemeal Biscuit &
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