



EAT SMART WITH CHOICE THE LUNCH BUNCH

ea catering
WEEK ONE

WEEK COMMENCING:
19th Feb, 18th March, 15th
April, 13th May & 10th June

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

or

Mac & Cheese

SIDES

Sweetcorn/ Coleslaw

and

Chipped Potato/Baked
Potato

DESSERT

Ice Cream, Pears &
Chocolate Sauce

TUESDAY

MAIN COURSES

Homemade Mince

Or

Cod Fishcake

SIDES

Seasonal Veg & Spring
Greens

and

Mashed Potato/Oven
Baked Potato

DESSERT

Yoghurt & Fresh Fruit Salad

WEDNESDAY

MAIN COURSES

Roast Chicken, Stuffing &
Gravy

SIDES

Fresh Vegetables in Season

and

Mashed Potato/Roast
Potato

DESSERT

Golden Krispie Square &
Custard

THURSDAY

MAIN COURSES

Chicken Curry & Nann
Bread

Or

Ham & Cheese Baguette

SIDES

Salad & Coleslaw

and

Steamed Rice / Oven Roast
Diced Potatoes

DESSERT

Sticky Date Pudding

FRIDAY

MAIN COURSES

School "Chippy Day"
Sausages

SIDES

Beans / Chipped / Baby
New Potatoes

DESSERT

Frozen Fruit Yoghurt

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



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WEEK TWO

WEEK COMMENCING:
26th Feb, 25th March, 22nd
April, 20th May & 17th June

MONDAY

MAIN COURSES

Homemade Pizza

Or

BBQ Pulled Pork Pizza Wrap

SIDES

Sweetcorn

and

Oven Roasted Garlic &
Paprika Wedges

DESSERT

Frozen Yoghurt & Fruit

TUESDAY

MAIN COURSES

Baked Pork Sausages
& Gravy

Or

Chicken Burger

SIDES

Garden Peas

and

Chipped / Baked Potato

DESSERT

Fruit Jelly & Ice Cream

WEDNESDAY

MAIN COURSES

Roast Gammon, Stuffing &
Gravy

SIDES

Fresh Vegetables In Season

and

Mashed Potato/Oven Roast
Potatoes

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Chicken Curry & Nann
Bread

or

Chicken Wrap

SIDES

Coleslaw / Salad

and

Steamed Rice / Oven
Roasted Wedges

DESSERT

Muffin

FRIDAY

MAIN COURSES

Breaded Fish

Or

Beef Burger

SIDES

Corn on the Cob / Pasta
Salad

and

Chipped Potatoes

DESSERT

Lemon Shortbread & Melon
Wedge

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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WEEK THREE

WEEK COMMENCING:
4th March, 1st April, 29th
April, 27th May & 24th June

MONDAY

MAIN COURSES

Breaded Fish & Lemon
Mayo
Or Chicken Broccoli Bake

SIDES

Garden Peas
and
Chipped Potato / Baked
Potato

DESSERT

Ice Cream, Jelly & Two
Fruits

TUESDAY

MAIN COURSES

Beef Bolognese
Or
Pepperoni / Margherita
Pizza

SIDES

Sweetcorn / Pasta Spirals
and
Garlic Potato Wedges

DESSERT

Chocolate & Orange Cookie

WEDNESDAY

MAIN COURSES

Roast Turkey, Stuffing &
Gravy

SIDES

Fresh Vegetables in Season
and
Mashed Potato / Oven
Roast Potato

DESSERT

Fruit Sponge & Custard /
Pineapple Delight

THURSDAY

MAIN COURSES

Chicken Curry & Nann
Bread
Or
Cheese & Ham Baguettes

SIDES

Salad & Coleslaw
and
Steamed Rice / Oven
Roasted Diced Potato

DESSERT

Ginger Biscuit

FRIDAY

MAIN COURSES

Hot Dog / Veggie Dog with
Tomato Ketchup
Chicken Soup with Crusty
Bread

SIDES

Corn on the Cob & Salad

DESSERT

Flakemeal Biscuit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

WEEK COMMENCING:
11th March, 8th April, 6th
May & 3rd June

MONDAY

MAIN COURSES

Golden Crumb Fish Fingers
Or
Sweet Chilli Chicken Bake

SIDES

Beans

and

Chipped /Baked Potato

DESSERT

Fruit Yoghurt & Fruit

TUESDAY

MAIN COURSES

Burger & Bap
Or
Beef Ragu & Garlic Bread

SIDES

Sweetcorn/Coleslaw

and

Oven Roasted Potato
Wedges / Salad

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Roast Loin of Pork, Stuffing
& Gravy

SIDES

Fresh Vegetables in Season

and

Mashed Potato/Oven Roast
Potato

DESSERT

Artic Roll and Peaches

THURSDAY

MAIN COURSES

Chicken Curry & Nann
Bread
Or
BBQ Chicken Wrap

SIDES

Salad & Coleslaw

and

Steamed Rice / Wedges

DESSERT

Chocolate Cookie & Orange
Wedge

FRIDAY

MAIN COURSES

Chicken Goujons & Sweet
Chilli Dip
Or
Ham & Cheese Wrap

SIDES

Corn on the Cob / Salad

and

Chipped / Baby New
Potatoes

DESSERT

Ginger Biscuit & Apple /
Orange Juice

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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