



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 1

18 September
16 October
13 November
11 December

MONDAY

MAIN COURSES

Spaghetti Bolognese

Or

Crispy Cod Fishcake
with Tomato Ketchup

SIDES

Baton Carrots &
Baked Beans

Mashed Potato, Salad

DESSERT

Homemade Ginger
Biscuit & Custard

TUESDAY

MAIN COURSES

Classic Margherita Pizza

Or

Italian Chicken &
Tomato Pasta Bake &
Garlic Bread

SIDES

Garden Peas & Coleslaw

Chipped Potato, Pasta

DESSERT

Strawberry Jelly, Ice
Cream & Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Chicken Panini &
Coleslaw

SIDES

Steamed Broccoli &
Sweetcorn

Oven Roasted Potato
Wedges, Rice

DESSERT

Banana Yoghurt Pot

THURSDAY

MAIN COURSES

Roast Chicken, Stuffing &
Rich Gravy

Or

Beef Olive

SIDES

Baton Carrots & Cabbage

Mashed Potato or roast
potato

DESSERT

Chocolate Sponge &
Custard

FRIDAY

MAIN COURSES

Hot Dog

Or

Chicken Wrap &
Sweet Chilli Sauce

SIDES

Garden Peas & Spaghetti
Hoops

Chipped Potato, Pasta

DESSERT

Fresh Fruit & Yoghurt



EAT SMART WITH THE LUNCH BUNCH

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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 Bolognaise

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



EAT SMART WITH THE LUNCH BUNCH

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WEEK 3

04 September
02 October
30 October
27 November

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

Or

Mighty Mac 'n' Cheese
with Garlic Bread Slice

SIDES

Baked Beans &
Broccoli & Coleslaw

Mashed Potatoes

DESSERT

Artic Roll with
Peaches

TUESDAY

MAIN COURSES

Beef Meatballs with
Italian Tomato & Basil
Sauce

Or

Margherita Pizza

SIDES

Garden Peas & Salad

Oven Baked Potato
Wedges, Pasta

DESSERT

Shortbread, Milk
Shake & Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Bacon Slice

SIDES

Mini Corn on the Cob

Steamed Rice, Chipped
Potatoes

DESSERT

Strawberry Jelly &
Fruit

THURSDAY

MAIN COURSES

Roast Chicken, Stuffing &
Rich Gravy

Or

Mexican Chilli with
Nachos

SIDES

Baton Carrots & Tossed
Salad

Mashed Potato or roast
potato

DESSERT

Jam & Coconut
Sponge & Custard

FRIDAY

MAIN COURSES

Tasty Pork Sausages
with Tomato Ketchup
or Gravy

Or

Chicken Panini &
Coleslaw

SIDES

Sweetcorn & Spaghetti
Hoops

Chipped Potatoes &
Mashed Potatoes

DESSERT

Melon Wedge



EAT SMART WITH THE LUNCH BUNCH

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WEEK 4

11 September
09 October
06 November
04 December

MONDAY

MAIN COURSES

Beef Bolognese with
Garlic Bread

Or

Stuffed Bacon
Roll/Bacon Slice

SIDES

Garden Peas &
Cabbage

Oven Baked Potato
Wedges, Spaghetti

DESSERT

Chocolate Cake &
Custard

TUESDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

Or

Tex-Mex Enchilada

SIDES

Mini Corn on the Cob &
Spaghetti Hoops or
Coleslaw

Chipped Potatoes, Pasta

DESSERT

Jelly & Mandarin
Oranges

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Steak Burger & Gravy

SIDES

Garden Beans &
Sweetcorn

Mashed Potato, Rice

DESSERT

Cornflake Biscuit &
Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing
& Rich Gravy

Or

Stuffed Chicken

SIDES

Cauliflower Cheese &
Baton Carrots

Mashed Potato

DESSERT

Ice Cream with wafer
& Fruit

FRIDAY

MAIN COURSES

Oven Baked Chicken
Nuggets

Or

Admiral's Ocean Pie

SIDES

Garden Peas & Baked
Beans

Chipped Potatoes &
Baked Potato

DESSERT

Homemade Ginger
Biscuit & Fruit