



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 1

Week commencing
AUG 28, SEPT 25, OCT 23,
NOV 20, DEC 18, JAN 22

MONDAY

MAIN COURSES

Pasta Bolognese with
Garlic Bread

Or

Fish Goujon in Soft Shell
Taco & Zingy Tomato Salsa
Garlic Bread

SIDES

Baked Beans /Tossed
Salad
Mashed Potatoes

DESSERT

Yoghurt / Fresh Fruit

TUESDAY

MAIN COURSES

Classic Margherita
Pizza

Or

Italian Chicken &
Tomato Pasta

SIDES

Steamed
Broccoli/Coleslaw

Chipped
Potatoes/Mashed
Potato

DESSERT

Strawberry Mousse &
Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Crispy Cod Fishcake/
Garlic & Lemon Mayo

SIDES

Garden Peas/Sweetcorn

Steamed Rice/
Oven Baked Wedges/
Mashed Potatoes

DESSERT

Chocolate Sponge &
Custard

THURSDAY

MAIN COURSES

Roast Pork, Stuffing &
Gravy

Or

Chicken Panini/Dressed
Salad

SIDES

Carrots & Parsnip/Savoy
Cabbage

Mashed Potatoes/Oven
Roast Potato

DESSERT

Strawberry Jelly, Ice
Cream & Fruit

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

Or

Or Creamy Chicken &
Vegetable Bake

SIDES

Coleslaw/Tossed Salad

Chipped Potatoes/Mashed
Potatoes

DESSERT

Fresh Fruit Pot &
Homemade Biscuit



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WEEK 2

WEEK COMMENCING:
SEP 04, OCT 02, OCT 30,
NOV 27, JAN 01, JAN 29

MONDAY

MAIN COURSES

Sausage Roll

Or

Sweet and Sour
Chicken & Rice

SIDES

Spaghetti Hoops &
Garden Peas

Chipped Potatoes/
Mashed Potatoes

DESSERT

Ice Cream, Chocolate
Sauce and Sliced
Pears

TUESDAY

MAIN COURSES

Pasta Bolognese with
Garlic Bread

Or

Oven Baked Salmon

SIDES

Sweetcorn/Tossed Salad

Mashed Potatoes

DESSERT

Iced Sponge &
Custard

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Cheese or BBQ Chicken
Pizza

SIDES

Garden Peas

Rice/Mashed Potatoes

DESSERT

Fresh Fruit Salad and
Yoghurt

THURSDAY

MAIN COURSES

Roast Turkey or Chicken,
Stuffing & Gravy

Or

Salad filled Pitta with
Barbeque Pulled Pork

SIDES

Broccoli and Carrots

Mashed Potatoes/Oven
Roasted Potato

DESSERT

Fruit Muffin &
Milkshake

FRIDAY

MAIN COURSES

Beef Burger in a Bap
with Tomato Ketchup

Or

Peppered Chicken &
Rice

SIDES

Sweetcorn/Tossed Salad

Chipped
Potatoes/Mashed
Potatoes

DESSERT

Flakemeal Biscuit &
Fruit



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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 fruit

TUESDAY

MAIN COURSES

Pepperoni/Margherita Pizza

Or

Spicy Italian Beef Strips served in a Pitta Pocket with Sweet Chilli Dressing

SIDES

Garden Peas/Dressed Salad

Homemade Garlic Diced Potatoes/ Mashed Potatoes

DESSERT

Fresh Fruit & Shortbread

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken Curry & Naan Bread

Or

Steak Burger in a Bap with Cheese & Ketchup

SIDES

Dressed Tossed Salad

Rice/Mashed Potatoes

DESSERT

Lemon Drizzle Cake & Custard

THURSDAY

MAIN COURSES

Roast Gammon, Stuffing and Gravy

Or

Savoury Mince Pasta with grated Italian Cheese

SIDES

Carrot & Broccoli Mashed Potatoes/ Oven Roast Potato

DESSERT

Decorated Fairy Cake

FRIDAY

MAIN COURSES

Tasty Pork Sausages with Tomato Ketchup

Or

Salt N Chilli Chicken Wrap with Garlic Mayo

SIDES

Mini Corn on the Cob/ Spaghetti Hoops

Chipped Potatoes/ Mashed Potatoes

DESSERT

Frozen Mousse Fruit



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WEEK 4

WEEK COMMENCING:
SEP 18, OCT 16, NOV 13,
DEC 11, JAN 15, FEB 12

MONDAY

MAIN COURSES

Spaghetti Bolognaise
& Garlic Bread

Or

Cod Fishcake with
Ketchup

SIDES

Garden Peas

Oven Baked Potato
Wedges/
Mashed Potatoes

DESSERT

Yoghurt / Fresh Fruit

TUESDAY

MAIN COURSES

Ham & Cheese Pizza or
Pepperoni with Garlic
Dip

Or

Tex Mex Beef & Veg
Enchilada

SIDES

Mini Corn on the Cob/
Coleslaw

Chipped Potatoes/
Mashed Potatoes

DESSERT

Jelly & Mandarin
Oranges

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Oven Baked Sausages

SIDES

Sweetcorn/ Baked Beans

Rice/ Mashed Potatoes

DESSERT

Cracknel & Custard

THURSDAY

MAIN COURSES

Roast Beef, Stuffing &
Gravy

Or

Stuffed Chicken and
Gravy

SIDES

Broccoli/Carrots

Mashed Potatoes/ Oven
Roast Potato

DESSERT

Ice Cream, Pears &
Chocolate Sauce

FRIDAY

MAIN COURSES

Oven Baked Chicken
Goujons/Garlic Dip

Or

Sweet Chilli Chicken
Panini

SIDES

Tossed Salad/Spaghetti
Hoops

Chipped Potatoes/
Mashed Potatoes

DESSERT

Homemade Ginger
Biscuit and Fruit



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Week xxx

Week Commencing:
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MONDAY

MAIN COURSES

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SIDES

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DESSERT

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TUESDAY

MAIN COURSES

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SIDES

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DESSERT

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WEDNESDAY

MAIN COURSES

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DESSERT

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THURSDAY

MAIN COURSES

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DESSERT

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FRIDAY

MAIN COURSES

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SIDES

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DESSERT

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