



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 1

Week Beginning
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

Salad & Coleslaw

Chipped Potato,
Mashed Potato

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 & Savoy
Cabbage

Mashed Potato

DESSERT

Chocolate Sponge &
Custard

FRIDAY

MAIN COURSES

Hot Dog

Or

Chicken Wrap &
Sweet Chilli Salsa

SIDES

Spaghetti Hoops

Chipped Potato, Mashed
Potato

DESSERT

Fresh Fruit & Yoghurt



EAT SMART WITH THE LUNCH BUNCH

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WEEK 2

Week Beginning
28 August
25 September
23 October
20 November
18 December

MONDAY

MAIN COURSES

Chicken Nuggets

Or

Homemade Lasagne

SIDES

Steamed Broccoli

Chipped Potato,
Pasta

DESSERT

Ice Cream, Chocolate
Sauce & Sliced Pears

TUESDAY

MAIN COURSES

Spaghetti Bolognese

Or

BBQ Chicken Pizza

SIDES

Sweetcorn & Baked
Beans

Diced Potatoes, Mashed
Potatoes, Salad

DESSERT

Fruit & Rice Pudding

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Golden Crumbed Fish
Fingers

SIDES

Diced Carrots

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

DESSERT

Fruit Muffin

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

Week Beginning
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

Sliced Carrots & Salad

Oven Baked Potato
Wedges, Pasta

DESSERT

Shortbread, Custard
& 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

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 Potato, Salad

DESSERT

Melon Wedge



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WEEK 4

Week Beginning
11 September
09 October
06 November
04 December

MONDAY

MAIN COURSES

Beef Bolognese with
Garlic Bread

Or

Stuffed Bacon
Roll/Bacon Slice

SIDES

Savoy 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 &
Coleslaw

Chipped Potatoes, Pasta

DESSERT

Jelly & Mandarin
Oranges

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Steak Burger & Gravy

SIDES

Green 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 Slider &
Fruit

FRIDAY

MAIN COURSES

Oven Baked Chicken
Nuggets

Or

Admiral's Ocean Pie

SIDES

Salad & Baked Beans

Chipped Potatoes, Jacket
Potato, Salad

DESSERT

Homemade Ginger
Biscuit & Fruit