



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK ONE

Portglenone Primary  
Week commencing:  
2<sup>nd</sup> December 2024

## MONDAY

### MAIN COURSES

Oven-Baked Fish Fingers

Or

Beef Bolognese  
& Garlic Bread

### SIDES

Baked Beans /  
Marrowfat Peas

And

Pasta Spirals /  
Oven-baked Wedges

### DESSERT

Vanilla Ice-Cream,  
with Pears & Butterscotch  
Sauce

## TUESDAY

### MAIN COURSES

Homemade BBQ Chicken  
Pizza

Or

Traditional Irish Stew  
& Wheaten Bread

### SIDES

Coleslaw /  
Baton Carrots

And

Chipped Potato /  
Baked Potato

### DESSERT

Homemade Banana Cake

## WEDNESDAY

### MAIN COURSES

"Lunch Bunch" Chicken Curry  
& Naan Bread

Or

Baked Quorn Dippers  
& BBQ Sauce

### SIDES

Sweetcorn /  
Roast Courgette

And

Boiled Rice /  
Mashed Potato

### DESSERT

Chocolate & Raspberry  
Spongecake with Custard

## THURSDAY

### MAIN COURSES

Roast Pork,  
Stuffing & Gravy

Or

Chicken Goujons  
& Sweet Chilli Dip

### SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /  
Oven Roast Potato

### DESSERT

Home-baked Popcorn Cookie  
& Orange Wedges

## FRIDAY

### MAIN COURSES

Beef Burger & Bap

Or

Rainbow Salad Wrap  
Iceberg Lettuce, Tomato,  
Cucumber, Pepper, Cheese

### SIDES

Mini Corn-on-the-Cob /  
Garden Peas

And

Chipped Potato /  
Baked Potato

### DESSERT

Frozen Strawberry Mousse

MILK, WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL DIETARY REQUIREMENTS,  
PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO PRODUCT  
AVAILABILITY



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK TWO

Portglenone Primary  
Week commencing:  
9<sup>th</sup> December 2024

## MONDAY

### MAIN COURSES

Fish Finger "Seadog"  
served in a finger roll

Or

Beef Lasagne & Coleslaw

### SIDES

Marrowfat Peas /  
Baked Beans

And

Chipped Potato /  
Baby Potato

### DESSERT

Apple & Pear Crumble  
with Custard

## TUESDAY

### MAIN COURSES

Savoury Beef Mince  
& Crusty Bread

Or

Homemade Margherita Pizza

### SIDES

Sweetcorn /  
Baton Carrots

And

Oven-baked Cubed Potato /  
Mashed Potato

### DESSERT

Arctic Roll  
& Winter Berry Sauce

## WEDNESDAY

### MAIN COURSES

Oven-Baked Pork Sausages &  
Tomato Ketchup

### SIDES

Mini Corn-on-the-Cob / Garden  
Peas

And

Potato Wedges

### DESSERT

Tub of Yoghurt & Orange Wedge

## THURSDAY

### MAIN COURSES

Crispy Baked Chicken Burger  
& Bap

### SIDES

Carrot sticks  
Grated Cheese

And

Chipped Potato

### DESSERT

Chocolate Rice Krispie  
Square

## FRIDAY

### MAIN COURSES

Roast Gammon,  
Stuffing & Gravy

Or

Creamy Mac 'n' Cheese  
with Garlic Bread

### SIDES

Fresh Seasonal Vegetables

And

Mashed Potatoes/  
Oven Baked Roast Potatoes

### DESSERT

Raspberry Jelly  
& Peach Slices

MILK, WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK THREE

Portglenone Primary  
Week commencing:  
16<sup>th</sup> December 2024

## MONDAY

### MAIN COURSES

Oven baked Fish Goujons

Or

Margherita Pizza

### SIDES

Spaghetti Hoops /  
Sweetcorn

And

Roast Potato Wedges /  
Mashed Potatoes

### DESSERT

Vanilla Ice-Cream  
with Pear Slices & Hot  
Chocolate Sauce

## TUESDAY

### MAIN COURSES

Beef Bolognese

Or

Roast Chicken and Gravy

### SIDES

Cauliflower Cheese /  
Steamed Broccoli

And

Mashed Potato /  
Pasta

### DESSERT

Apple Sponge with Custard

## WEDNESDAY

### MAIN COURSES

"Lunch Bunch" Chicken Curry  
& Naan Bread

Or

Oven-Baked Breaded Whiting

### SIDES

Garden Peas / Roast  
Butternut Squash

And

Chipped Potato / Boiled Rice

### DESSERT

Frozen Smoothie

## THURSDAY

### MAIN COURSES

### CHRISTMAS DINNER



Roast Turkey, Stuffing,  
Cocktail Sausage, Carrots,  
Peas, Mashed & Roast  
Potatoes & Gravy

### DESSERT

Choc Ice  
Christmas Biscuit

Carton of Apple Juice

### MAIN COURSES

### CHRISTMAS PARTY BOX



Homemade Pizza Slice  
Cocktail Sausage in Bacon  
Cocktail Sausage  
Chicken Nugget  
Small Bag of Chips  
Sauce Portion

OR

### DESSERT

Choc Ice  
Christmas Biscuit

Carton of Apple Juice

MILK, WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

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