



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 1

WEEK COMMENCING
28th Aug, 25th Sept ,
23rd Oct, 20th Nov,
18th Dec, 22nd Jan

MONDAY

MAIN COURSES

Savoury
Mince

Or

Italian Chicken &
Tomato Pasta & Garlic
Bread

SIDES

Baton Carrot
Salad

Mashed Potatoes

DESSERT

Banana Yoghurt Pot

TUESDAY

MAIN COURSES

Classic Margherita
Pizza

Or

Fish Goujon in Soft Shell
Taco & Zingy Tomato
Salsa

SIDES

Baked Beans
Salad
Coleslaw

Chipped Potatoes
Baked Potato

DESSERT

Strawberry Mousse &
Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Chicken Panini

SIDES

Garden Peas
Sweetcorn

Steamed Rice
Oven Baked Wedges

DESSERT

Chocolate Sponge &
Custard

THURSDAY

MAIN COURSES

Roast Gammon with
Stuffing & Gravy

SIDES

Carrots & Parsnip
Savoy Cabbage

Mashed Potatoes

DESSERT

Strawberry Jelly, Ice
Cream & Fruit

FRIDAY

MAIN COURSES

Hot Dog

Or

Crispy Cod Fishcakes

SIDES

Tomato Ketchup
Coleslaw
Salad

Chipped Potatoes
Baked Potato

DESSERT

Fresh Fruit Pot &
Biscuit



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WEEK 2

WEEK COMMENCING:
4TH Sept, 2ND Oct,
30TH Oct, 27TH Nov,
1ST Jan, 29TH Jan

MONDAY

MAIN COURSES

Sausage Roll

Or

Sweet and Sour
Chicken

SIDES

Spaghetti Hoops &
Garden Peas

Chipped Potatoes
Rice

DESSERT

Ice Cream, Chocolate
Sauce and Sliced
Pears

TUESDAY

MAIN COURSES

Pasta Bolognese with
Garlic Bread

Or

BBQ Chicken Pizza

SIDES

Sweetcorn
Salad

Oven Roasted Potato
Wedges

DESSERT

Zesty Orange Sponge
& Custard

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Salad filled Pitta with
Pulled Pork and Coleslaw

SIDES

Garden Peas

Rice

DESSERT

Fresh Fruit Salad and
Yoghurt

THURSDAY

MAIN COURSES

Roast Chicken with
Stuffing & Gravy

Or

Poached Salmon

SIDES

Cauliflower
Broccoli
Carrots

Mashed Potatoes

DESSERT

Blueberry
Muffin

FRIDAY

MAIN COURSES

Beef Burger in a Bap
with Tomato Ketchup

Or

Pepper Chicken &
Rice

SIDES

Sweetcorn
Salad

Chipped Potatoes
Rice

DESSERT

Flakemeal Biscuit &
Fruit



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WEEK 3

WEEK COMMENCING:
11th Sept, 9th Oct,
6th Nov, 4th Dec,
8th Jan, 5th Feb

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
Peaches & Pears

TUESDAY

MAIN COURSES

Italian Beef with Crusty
Roll

Or

Pepperoni Pizza

SIDES

Garden Peas
Salad

Homemade Diced
Potatoes

DESSERT

Fresh Fruit Pot

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Steak Burger in a Bap &
Cheese

SIDES

Steamed Rice

Salad

DESSERT

Lemon Drizzle Cake &
Custard

THURSDAY

MAIN COURSES

Roast Pork Loin with
Stuffing & Gravy

SIDES

Carrot & Parsnip
Cauliflower Cheese

Mashed Potatoes

DESSERT

Melon Wedge

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

Decorated Fairy Cake



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WEEK 4

WEEK COMMENCING:
18th Sept, 16th Oct,
13th Nov, 11th Dec,
15th Jan, 12th Feb

MONDAY

MAIN COURSES

Beef Bolognese with
Garlic Bread

Or

Cod Fishcakes with
Tartare Sauce

SIDES

Garden Peas

Oven Baked Potato
Wedges

DESSERT

Melon, Mandarin &
Pineapple Pots with
Yoghurt Dip

TUESDAY

MAIN COURSES

Pepperoni Pizza with
Garlic Dip

Or

Tex Mex Beef & Veg
Enchilada

SIDES

Sweetcorn & Red Pepper
Coleslaw

Chipped Potatoes
Baked Potato

DESSERT

Jelly & Mandarin
Oranges

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

BBQ Chicken Wrap with
Crunchy Salad

SIDES

Green Beans

Steamed Rice

DESSERT

Cornflake Tart &
Custard

THURSDAY

MAIN COURSES

Roast Beef with Stuffing
& Gravy

SIDES

Broccoli
Turnip

Mashed Potatoes

DESSERT

Ice Cream, Pears &
Chocolate Sauce

FRIDAY

MAIN COURSES

Oven Baked Chicken
Goujons

Or

Sweet Chilli Chicken
Panini

SIDES

Salad
Baked Beans

Chipped Potatoes
Mashed Potatoes

DESSERT

Homemade Ginger
Biscuit and Fruit