

ea catering  
WEEK ONE

Served weeks commencing:  
7 October, 4 November  
2 December, 30 December  
27 January

# EAT SMART WITH THE LUNCH BUNCH



## MONDAY

MAIN COURSES

Oven-Baked Fish Fingers  
Halal as above  
Vegetarian Fingers

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  
Halal Chicken Pizza  
Vegetarian Pizza

SIDES

Coleslaw /  
Baton Carrots

And

Chipped Potato /  
Baked Potato

DESSERT

Homemade Banana Cake

## WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken Curry  
& Naan Bread  
Halal Chicken Curry  
Vegetarian Quorn Curry

SIDES

Sweetcorn /  
Roast Courgette

And

Boiled Rice /  
Mashed Potato

DESSERT

Chocolate & Raspberry  
Spongecake with Custard

## THURSDAY

MAIN COURSES

Roast Pork,  
Stuffing & Gravy  
Halal Chicken & Graw  
Vegetarian Quorn Curry

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /  
Oven Roast Potato

DESSERT

Home-baked Popcorn Cookie  
& Orange Wedges

## FRIDAY

MAIN COURSES

Beef Burger & Bap  
Halal Beef Burger  
Vegetarian Bean Burger

SIDES

Mini Corn-on-the-Cob /  
Garden Peas

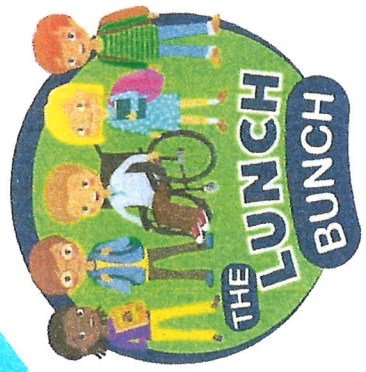
And

Chipped Potato /  
Baked Potato

DESSERT

Frozen Strawberry Mousse

24-25



# eat catering WEEK TWO

# THE LUNCH BUNCH

Served weeks commencing:  
14 October, 11 November  
9 December, 6 January  
3 February

## MONDAY

### MAIN COURSES

Fish Finger "Seadog"  
served in a finger roll  
Halal as above  
Vegetarian Fingers

### SIDES

Marrowfat Peas /  
Baked Beans  
And  
Chipped Potato /  
Baby Potato

### DESSERT

Apple & Pear Crumble  
with Custard

## TUESDAY

### MAIN COURSES

Savoury Beef Mince  
& Crusty Bread  
Halal Beef Burger  
Vegetarian Bean Burger

### SIDES

Sweetcorn /  
Baton Carrots  
And  
Oven-baked Cubed Potato /  
Mashed Potato

### DESSERT

Arctic Roll  
& Winter Berry Sauce

## WEDNESDAY

### MAIN COURSES

Peppered Chicken  
Halal Chicken Curry  
Vegetarian Quorn Curry

### SIDES

Mini Corn-on-the-Cob /  
Garden Peas  
And  
Mashed Potato /  
Boiled Rice

### DESSERT

Home-baked Jam & Coconut  
Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast Gammon,  
Stuffing & Gravy  
Halal Chicken & Gravy  
Vegetarian Quorn Fillet

### SIDES

Fresh Seasonal Vegetables  
And  
Mashed Potato /  
Oven Roast Potato

### DESSERT

Chocolate Rice Krispie  
Square

## FRIDAY

### MAIN COURSES

Crispy Baked Chicken  
Burger & Bap  
Halal Beef Burger  
Vegetarian Bean Burger

### SIDES

Spaghetti Hoops /  
Asian Slaw  
And  
Chipped Potato /  
Baked Potato

### DESSERT

Raspberry Jelly  
& Peach Slices

MILK, WATER, BREAD & IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL DIETARY REQUIREMENTS, PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY MENU SUBJECT TO PRODUCT AVAILABILITY



24-25



# EAT SMART WITH

# THE LUNCH BUNCH

## ea catering

### WEEK THREE

Served weeks commencing:  
21 October, 18 November  
16 December, 13 January  
10 February

## MONDAY

### MAIN COURSES

- Homemade Ham & Cheese Pizza
- Halal Cheese Pizza
- Vegetarian Pizza

### SIDES

- Spaghetti Hoops / Mini Corn-on-the-Cob

And

- Roast Potato Wedges / Mashed Potatoes

### DESSERT

- Vanilla Ice-Cream with Pear Slices & Hot Chocolate Sauce

## TUESDAY

### MAIN COURSES

- Beef Bolognese
- Halal Beef Bolognese
- Vegetarian Bolognese

### SIDES

- Cauliflower Cheese / Steamed Broccoli

And

- Mashed Potato / Pasta

### DESSERT

- Apple Sponge with Custard

## WEDNESDAY

### MAIN COURSES

- "Lunch Bunch" Chicken Curry & Naan Bread
- Halal Chicken Curry
- Vegetarian Curry

### SIDES

- Garden Peas / Roast Butternut Squash

And

- Chipped Potato / Boiled Rice

### DESSERT

- Frozen Smoothie

## THURSDAY

### MAIN COURSES

- Roast Beef, Yorkshire Pudding & Gravy
- Halal Chicken & Gravy
- Vegetarian Quorn Fillet

Or

- Salmon Fish Fingers & Lemon Mayonnaise

### SIDES

- Fresh Seasonal Vegetables

And

- Mashed Potato / Oven Roast Potato

### DESSERT

- Chocolate Cracknel & Custard

## FRIDAY

### MAIN COURSES

- Hotdog & Tomato Ketchup
- Halal Pizza
- Vegetarian Pizza

### SIDES

- Coleslaw / Baked Beans

And

- Chipped Potato / Pasta Salad

### DESSERT

- Homemade Oatmeal Biscuit & Fresh Fruit Pot

MILK, WATER, BREAD & FRESH FRUIT AVAILABLE DAILY

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24-25



# eat catering

**WEEK FOUR**  
Served weeks commencing:  
28 October, 25 November  
23 December, 20 January

# EAT SMART WITH THE LUNCH BUNCH

## MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSES</b> Oven-Baked Fish Goujons Halal as above Vegetarian Fingers	<b>MAIN COURSES</b> Cottage Pie Halal Cottage Pie Vegetarian Pie	<b>MAIN COURSES</b> "Lunch Bunch" Chicken Curry & Naan Bread Halal Chicken Curry Vegetarian Quorn Curry	<b>MAIN COURSES</b> Turkey & Ham, Stuffing, Gravy Halal Chicken & Gravy Vegetarian Quorn Curry	<b>MAIN COURSES</b> Oven-Baked Chicken Nuggets Halal Chicken Nuggets Vegetarian Nuggets
<b>SIDES</b> Steamed Garden Peas / Spaghetti Hoops	<b>SIDES</b> Baton Carrots / Steamed Broccoli	<b>SIDES</b> Sweetcorn / Roasted Butternut Squash	<b>SIDES</b> Fresh Seasonal Vegetables	<b>SIDES</b> Baked Beans / Garden Peas
And	And	And	And	And
Chipped Potato / Baked Potato	Garlic & Herb Potato Wedges / Pasta Spirals	Boiled Rice / Mashed Potato	Mashed Potato / Oven Roast Potato	Chipped Potato / Baked Potato
<b>DESSERT</b> Chocolate & Raspberry Brownie	<b>DESSERT</b> Ice-cream, Jelly & Two Fruit	<b>DESSERT</b> Chocolate & Pear Sponge with Custard	<b>DESSERT</b> Homemade Flapjack & Orange Wedges	<b>DESSERT</b> Choice of Fruit Yoghurt Pot

MILK, WATER, BREAD & FRESH FRUIT AVAILABLE DAILY

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