

EAT SMART WITH THE LUNCH BUNCH

ea catering



WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 st August, 28 th September, 26 th October, 23 rd November, 21 st December, 25 th January, 22 nd February, 22 nd March, 19 th April, 17 th May, 14 th June	Fish Fingers Mushy Peas & Sweetcorn Chips or Mashed Potatoes OR Macaroni Cheese Sweetcorn Chips or Mashed Potatoes Fruit Muffin with Milkshake	Beef Bolognaise Broccoli & Coleslaw Pasta Spirals OR Margherita Pizza Broccoli & Coleslaw Diced Potatoes Custard & Two Fruits	Chicken Curry & Rice Mini Naan Bread Garden Peas & Baton Carrots OR Quorn Dippers Garden Peas & Baton Carrots Mashed Potatoes Crackers & Dairylea Cheese	Roast Pork, Stuffing & Gravy Seasonal Veg Roast & Mashed Potatoes OR Roast Chicken & Gravy Seasonal Veg Roast & Mashed Potatoes Chocolate & Pear Cake, Custard	Chicken Nuggets Baked Beans & Corn on the Cob Chips or Baked Potato OR Mild Chilli Beef Baked Beans & Corn on the Cob Chips or Baked Potato Fruit Salad & S/berry Yoghurt
7 th September, 5 th October, 2 nd November, 30 th November, 4 th January, 1 st February, 1 st March, 29 th March, 26 th April, 24 th May, 21 st June	Fish Goujons Baked Beans & Garden Peas Chips or Mashed Potatoes OR Cheese & Pesto Panini & Salad Baked Beans Chips or Mashed Potatoes Strawberry Mousse & Fruit	Chilli Taco Boat, Salsa & Cheese Broccoli & Coleslaw Boiled Rice OR Mediterranean Chicken Pizza Broccoli & Coleslaw Diced Potatoes R Jelly, Ice Cream & Two Fruits	Chicken Curry & Rice Mini Naan Bread Green Beans & Baton Carrots OR Golden Herb Baked Chicken Green Beans & Baton Carrots Mashed Potatoes Lem & B/berry Sponge, Custard	Roast Turkey, Stuffing & Gravy Seasonal Veg Roast & Mashed Potatoes OR Quorn Fillet & Pepper Sauce Seasonal Veg Roast & Mashed Potatoes Oaty Biscuit & Milkshake	Cheeseburger & Salad Corn on the Cob & Hoops Chips or Baked Potato OR Cheesy Cajun Chicken Veg Wrap Salad, Corn on the Cob & Hoops Chips or Baked Potato Fruit Salad & R/berry Yoghurt
14 th September, 12 th October, 9 th November, 7 th December, 11 th January, 8 th February, 8 th March, 5 th April, 3 rd May, 31 st May, 28 th June	Fish Fingers Garden Peas & Diced Carrots Chips or Mashed Potatoes OR Tuscan Chicken Pasta Bake Garden Peas & Diced Carrots Chips or Mashed Potatoes Rice Pudding & Peaches	Beef Bolognaise Sweetcorn & Coleslaw Pasta Spirals OR Margherita Pizza Sweetcorn & Coleslaw Diced Potatoes Ice Cream, Pears & Choc Sauce	Chicken Curry & Rice Mini Naan Bread Broccoli & Baton Carrots OR Vegetable Sausage & Gravy Broccoli & Baton Carrots Mashed Potatoes Apple Sponge & Custard	Roast Gammon, Stuffing, Gravy & Seasonal Veg Roast & Mashed Potatoes OR Creamy Salmon Pasta Seasonal Veg Roast & Mashed Potatoes Choc & Rasp Cookie & Orange	Chicken Goujons Baked Beans & Corn on the Cob Chips or Baked Potato OR S. Chilli Chicken Panini & Salad Baked Beans & Corn on the Cob Chips or Baked Potato Layered Banana Mousse
21 st September, 19 th October, 16 th November, 14 th December, 18 th January, 15 th February, 15 th March, 12 th April, 10 th May, 7 th June	Fish Goujons Garden Peas & Sweetcorn Chips OR Chicken Jambalaya Rice Stew Garden Peas & Sweetcorn Yoghurt Tub & Melon	Cottage Pie & Gravy Baton Carrots Diced or Mashed Potatoes OR Margherita Pizza Baton Carrots & Salad Diced Potatoes Brownie & Orange Wedges	Chicken Curry & Rice Mini Naan Bread Broccoli & Butternut Squash OR Mediterranean Chicken & Veg Broccoli & Butternut Squash Boiled Rice or Couscous Pineapple Cake & Custard	Roast Beef, Yorkshire Pudding, Stuffing, Gravy & Seasonal Veg Roast & Mashed Potatoes OR Penne with Creamy Roasted Tomato & Basil Sauce Seasonal Veg Jellywhip & Pear Slices	Pork Sausages Baked Beans & Coleslaw Chips or Baked Potato OR Cheesy Bean Baked Potato Salad Baked Beans & Coleslaw Peach Melba Pot

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