



# EAT SMART WITH THE LUNCH BUNCH

EA Catering Service

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday
19-Feb	Golden Crumbed Fish Fingers	Beef Ragu Italia	Chicken Curry & Naan Bread	Roast of the Day, Stuffing & Rich Gravy	Chicken Goujons & Sweet Chilli Dip
18-Mar	Or	Or	Or	Or	Or
15-Apr	Baked Ham & Cheese panini	Homemade margherita pizza	Baked Pork sausage & gravy	Quorn dippers	Roast mediterranean Vegetable pasta Bake
13-May	Baked Beannns & Garden Peas	Sweetcorn / diced carrots / Coleslaw	Garden Peas & Baton carrots	Fresh vegetables in season	Spaghetti hoops / corn on the cob
10-Jun	Chipped Potato / baked potato	Oven Roasted potato wedges / rice / salad	Mashed Potato / boiled rice	Mashed Potato / oven roast potato	Chipped / baby new potatoes
02-Sep					
30-Sep	Homemade flakemeal biscuit	Mandarin Orange Sponge & Custard	Artic roll and peaches	Homemade brownie & orange wedges	Fruit muffin with pure apple / orange juice
26-Feb	Golden Crumbed Fish Fingers	Homemade cottage pie	Chicken Curry & Naan Bread	Roast of the Day, Stuffing & Rich Gravy	School "Chippy Day" fish or chicken goujons / sausages
25-Mar	Or	or	Or	Or	or
22-Apr	Creamy chicken & broccoli pasta	Homemade margherita pizza	Beef Meatballs with tomato & basil sauce	Chicken & pepper fajita	Baked potato with tuna & sweetcorn / salad
20-May	with garlic bread	spring greens / roasted butternut squash	Green Beans / Baton carrots	Fresh vegetables in season	Baked Beans / Mushy Peas
17-Jun	sweetcorn & roasted peppers	Oven baked potato wedges / baked potato	Steamed Rice / pasta spirals	mashed potato / oven roast potato	Chipped / baby new potatoes
09-Sep	chipped / baked potato / coleslaw				
	Iccream with pears & chocolate sauce	Summer fruit cheesecake	Sticky date pudding & custard	Golden Krispie Square	Frozen Fruit yogurt.
04-Mar	Baked Pork sausages & gravy	Chicken Curry & Naan Bread	Breaded Fish & lemon mayo	Roast of the Day, Stuffing & Rich Gravy	Beef / Bean Burger in Bap with onions
01-Apr	or	Or	Or	Or	Or
29-Apr	jerk chicken & caribbean rice with flatbread	BBQ Pulled pork pizza wrap	Beef lasagne / Garlic Bread / Coleslaw	Roast butternut squash, penne pasta &	Salt & chilli chicken
27-May	Baked Beans / Garden Peas	Sweetcorn / baton carrots	Garden Peas & diced carrots	tomato & pesto sauce	Corn on the cob / pasta salad
24-Jun	chipped / baked potato	Boiled rice / oven roadted garlic & paprika wedges	Mashed / baby Potato	Fresh vegetables in season	Chipped Potatoes / Steamed Rice
				Mashed Potato /oven roast potato	
	Ice Cream & Two fruits	Jaff cake pots	Fruit sponge & custard	Fresh fruit salad & Yogurt	Lemon shortbread & melon wedge
11-Mar	Beef Bolognaise	Breaded Fish & lemon mayo	Chicken Curry & Naan Bread	Roast of the Day, Stuffing & Rich Gravy	Hot Dog / Veggie Dog with tomato ketchup
08-Apr	Or	Or	Or	Or	Or
06-May	Chicken goujon wrap with choice of dip	Homemade margherita pizza	Chinese-style beef & vegetables	Salmon & creamy tomato pasta	Chicken & summer veg pie
03-Jun	Sweetcorn / Broccoli	Mushy or Garden peas/ Baked beans	Diced carrots & green beans	Fresh vegetables in season	Spaghetti Hoops / corn on the cob
26-Aug	Pasta Spirals / Mashed potato	chipped / baked potato	noodles / rice	mashed potato / oven roast potato	Chipped Potato, Mashed Potato
23-Sep					
	Chocolate & Orange Cookie	Raspberry jelly & two fruits	Fruit sponge & custart	Pineapple Delight	Ice cream & Mandarin oranges

**Milk, Water, Bread and  
Fresh Fruit available daily**

**If you require any additional information on allergens or  
special diets please contact the school on 02830861608**

**Menu may change due  
to delivery changes**