



Good Shepherd

# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK ONE  
Served weeks commencing:  
19 February, 18 March,  
15 April, 13 May, 10 June,  
2 September, 30 September

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers  
and garlic mayo

### SIDES

Garden peas and sweetcorn

And

Chunky Chips

### DESSERT

Ice-Cream with Pears &  
Chocolate Sauce

## TUESDAY

### MAIN COURSES

Beef bolognese, Garlic  
bread and cheese

### SIDES

Spring Greens / Roasted  
Butternut Squash

And

Penne pasta

### DESSERT

Homemade Vanilla Sponge  
cake and custard

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken Curry,  
and Naan bread

### SIDES

Green Beans / Baton Carrots

And

Steamed Rice

### DESSERT

Frozen Fruit Smoothie

## THURSDAY

### MAIN COURSES

Roast loin of pork, Stuffing  
& Gravy

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Chocolate rice Krispie Square

## FRIDAY

### MAIN COURSES

School "Chippy Day"  
Chicken fillet burger, salad  
and garlic mayo dip

### SIDES

Baked Beans /peppered  
sauce

And

Chippy Chips

### DESSERT

Chocolate or Blueberry  
Muffin and strawberry  
milkshake

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

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WEEK TWO

Served weeks commencing:  
26 February, 25 March,  
22 April, 20 May, 17 June  
9 September

## MONDAY

### MAIN COURSES

**Baked Pork Sausages &  
Gravy**

### SIDES

**Baked Beans**

**And**

**Chipped potatoes**

### DESSERT

**Ice-Cream & Two Fruits**

## TUESDAY

### MAIN COURSES

**BBQ Pulled Pork Pizza  
Or cheesy Pizza**

### SIDES

**Sweetcorn / Baton Carrots**

**And**

**Oven Roasted Garlic &  
Paprika Wedges**

### DESSERT

**Double chip chocolate  
cookie**

## WEDNESDAY

### MAIN COURSES

**Lunch Bunch Chicken Curry &  
Naan Bread**

### SIDES

**Garden Peas / Diced Carrots**

**And**

**Steamed rice**

### DESSERT

**Fruit Sponge & Custard**

## THURSDAY

### MAIN COURSES

**Roast Topside of beef,  
Stuffing & Gravy**

### SIDES

**Fresh Vegetables in Season**

**And**

**Mashed / Oven Roast Potato**

### DESSERT

**Fresh Fruit Salad & Yoghurt**

## FRIDAY

### MAIN COURSES

**Beef Burger / Bean Burger  
in Bap with Onions**

### SIDES

**Corn on the Cob / Pasta  
Salad**

**And**

**Chipped Potato / Steamed  
Rice**

### DESSERT

**Lemon Shortbread &  
Melon Wedge**

MILK WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

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WEEK THREE

Served weeks commencing:  
4 March, 1 April, 29 April,  
27 May, 24 June  
16 September

## MONDAY

### MAIN COURSES

Chicken Goujons and sweet chilli sauce

### SIDES

Sweetcorn / Broccoli

And

Chunky chips and colslaw

### DESSERT

Chocolate cookie and orange wedges

## TUESDAY

### MAIN COURSES

Chicken and chorizo pasta bake

### SIDES

Corn cobs

And

Penne pasta and salad

### DESSERT

Raspberry Jelly & Two Fruits

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken Curry & Naan Bread

### SIDES

Diced Carrots & Green Beans

And

Noodles / Rice

### DESSERT

Fruit Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing & Gravy

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Pineapple Delight

## FRIDAY

### MAIN COURSES

Hot Dog / Veggie Dog with Tomato Ketchup

### SIDES

Spaghetti Hoops / Corn on the Cob

And

Chipped Potatoes

### DESSERT

Ice-Cream & Mandarin Oranges

MILK, WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH THE LUNCH BUNCH

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WEEK FOUR

Served weeks commencing:

11 March, 8 April,

6 May, 3 June

26 August, 23 September

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers  
and  
Garlic mayo

### SIDES

Baked Beans & Garden Peas

And

Oven Roasted Potato  
Wedges

### DESSERT

Homemade Flakemeal Biscuit

## TUESDAY

### MAIN COURSES

Beef Ragu Italia

### SIDES

Sweetcorn / Diced Carrots /  
Coleslaw

And

Tomato and Basil pasta  
spirals

### DESSERT

Mandarin Orange Sponge &  
Custard

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken Curry &  
Naan Bread

### SIDES

Garden Peas & Baton Carrots

And

Boiled Rice

### DESSERT

Arctic Roll and Peaches

## THURSDAY

### MAIN COURSES

Roast Gammon, Stuffing &  
Gravy

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Homemade Brownie &  
Orange Wedges

## FRIDAY

### MAIN COURSES

Chicken Goujons & Sweet  
Chilli Dip

### SIDES

Spaghetti Hoops / Corn on  
the Cob

And

Chipped Potatoes

### DESSERT

Fruit Muffin with Pure  
Apple / Orange Juice

MILK, WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

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