



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 3

BALLYKEEL PRIMARY MENU

WEEK COMMENCING:

6TH NOVEMBER 2023

£2.60 PER DAY

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

Or

Mighty Mac 'n' Cheese
with Garlic Bread Slice

SIDES

Baked Beans
Coleslaw

Chipped Potatoes
Mashed Potatoes

Sliced Baguette

DESSERT

Artic Roll with
Peaches & Pears

TUESDAY

MAIN COURSES

Italian Beef with Crusty
Roll

Or

Pepperoni / Margherita
Pizza

SIDES

Garden Peas
Salad

Homemade Diced
Potatoes

Garlic Bread Slice

DESSERT

Fresh Fruit Pot

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Steak Burger in a Bap
& Cheese

SIDES

Sweetcorn & Peppers
Tossed Salad

Steamed Rice
Homemade Potato Wedges

Garlic & Coriander Naan

DESSERT

Lemon Drizzle Cake &
Custard

THURSDAY

MAIN COURSES

Roast Chicken with
Stuffing & Gravy

Or

Savoury Mince

SIDES

Carrot & Parsnip
Cauliflower Cheese

Mashed Potatoes
Oven Roast Potato

Homemade Wheaten Bread

DESSERT

Golden Pop &
Watermelon Wedge

FRIDAY

MAIN COURSES

Tasty Pork Sausages
Tomato Ketchup / Gravy

Or

Salt N Chilli Chicken Wrap
with Garlic Mayo

SIDES

Mini Corn on the Cob
Spaghetti Hoops

Chipped Potatoes
Mashed Potatoes

Wholemeal Bread

DESSERT

Decorated Fairy Cake

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 4

BALLYKEEL PRIMARY MENU

WEEK COMMENCING:

13TH NOVEMBER 2023

£2.60 PER DAY

MONDAY

MAIN COURSES

Beef Pasta Bolognaise
Grated Cheese

Or

Cod Fishcakes with
Tomato or Tartare Sauce

SIDES

Garden Peas

Oven Baked Potato
Wedges

Homemade Wheaten
or Crusty Bread

DESSERT

Melon, Mandarin &
Pineapple Pots with
Yoghurt Dip

TUESDAY

MAIN COURSES

Ham & Cheese Pizza or
Pepperoni & Garlic Dip

Or

Tex Mex Beef &
Vegetable Enchilada

SIDES

Sweetcorn & Peppers
Coleslaw

Chipped Potatoes
Baked Potato

Garlic Bread Slice

DESSERT

Jelly & Mandarin
Oranges

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry

Or

BBQ Chicken Wrap with
Crunchy Salad

SIDES

Green Beans

Steamed Rice

Garlic & Coriander Naan

DESSERT

Cornflake Tart
& Custard

THURSDAY

MAIN COURSES

Roast Gammon with
Stuffing & Gravy

Or

Stuffed Chicken

SIDES

Broccoli & Turnip

Mashed Potatoes
Oven Roast Potato

Wholemeal Bread

DESSERT

Ice Cream, Pears
& Chocolate Sauce

FRIDAY

MAIN COURSES

[B.L.U.E Day](#)

[Be Loving and](#)

[Understanding to](#)

[Everyone](#)

Oven Baked Chicken

Goujons Or

Sweet Chilli Chicken

Panini **SIDES**

Baked Beans
Salad

Chipped Potatoes
Mashed Potatoes

Ciabatta Slice

DESSERT

[B.L.U.E berry Muffin](#)
& Fresh Fruit
Selection

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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