



# EAT SMART WITH THE LUNCH BUNCH

ea catering

**WEEK ONE**  
**BALLYKEEL PRIMARY**  
**£2.60 PER DAY**

Served week commencing:  
**19<sup>th</sup> February 2024**

## MONDAY

### MAIN COURSES

Beef Bolognaise  
Grated Cheese

Or

Chicken Goujon Wrap with  
choice of dip

### SIDES

Sweetcorn & Peppers  
Fresh Broccoli

And

Penne Pasta  
Mashed Potato  
Garlic Bread

### DESSERT

Chocolate & Orange Cookie  
Fresh Orange Wedges

## TUESDAY

### MAIN COURSES

Breaded Fish Fillet  
Lemon Mayo

Or

Homemade Margherita Pizza

### SIDES

Garden Peas  
Baked Beans

And

Chipped Potatoes  
Baked Potato  
Crusty Bread

### DESSERT

Raspberry Jelly  
Two Fruits

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Chinese-style Beef &  
Vegetables

### SIDES

Diced Carrots &  
Green Beans

And

Noodles  
Steamed Rice  
Naan Bread

### DESSERT

Lemon Sponge & Custard  
Sliced Apples

## THURSDAY

### MAIN COURSES

Roast Gammon  
Stuffing & Gravy

Or

Salmon & Creamy Tomato  
Pasta

### SIDES

Carrot & Parsnip  
Cauliflower Cheese

And

Mashed Potatoes  
Oven Roast Potato  
White Bread

### DESSERT

Pineapple Delight  
Fresh Watermelon Wedges

## FRIDAY

### MAIN COURSES

Hot Dog / Veggie Dog  
Tomato Ketchup

Or

Chicken & Summer Veg Pie

### SIDES

Spaghetti Hoops  
Mini Corn on the Cob

And

Chipped Potatoes  
Mashed Potatoes  
Wholemeal Bread

### DESSERT

Ice-Cream , Raspberry Sauce  
Mandarin Oranges

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

**ea catering**  
**WEEK TWO**

**BALLYKEEL PRIMARY**

**£2.60 PER DAY**

Served weeks commencing:  
**26<sup>th</sup> February 2024**

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers

Or

Freshly Baked Ham & Cheese  
Panini

### SIDES

Baked Beans  
Garden Peas

And

Chipped Potatoes  
Baked Potato  
Wholemeal Bread

### DESSERT

Homemade Flakemeal Biscuit  
Fresh Fruit Selection

## TUESDAY

### MAIN COURSES

Beef Ragu Italia  
Grated Parmesan

Or

Homemade Pepperoni Pizza  
Homemade Margherita Pizza

### SIDES

Sweetcorn & Peppers  
Coleslaw / Salad

And

Oven Roasted Potato Wedges  
Garlic Bread

### DESSERT

Mandarin Orange Sponge  
Custard & Sliced Apple

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Baked Pork Sausages & Gravy

### SIDES

Garden Peas  
Baton Carrots

And

Boiled Rice  
Mashed Potato  
Naan Bread / White Bread

### DESSERT

Arctic Roll &  
Peach Slices

## THURSDAY

### MAIN COURSES

Roast Loin of Pork  
Stuffing & Gravy

Or

Quorn Dippers

### SIDES

Fresh Broccoli Florets  
Fresh Diced Turnip & Carrot

And

Mashed Potato  
Oven Roast Potato  
Wholemeal Bread

### DESSERT

Homemade Brownie  
Orange Wedges

## FRIDAY

### MAIN COURSES

Chicken Goujons & Sweet  
Chilli Dip

Or

Roast Mediterranean  
Vegetable Pasta Bake

### SIDES

Spaghetti Hoops  
Mini Corn on the Cob

And

Chipped Potatoes  
Baby New Potatoes  
Sliced Ciabatta

### DESSERT

Fruit Muffin with  
Pure Apple or Orange Juice  
Fresh Pineapple Chunks

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FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH THE LUNCH BUNCH

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WEEK THREE

BALLYKEEL PRIMARY

£2.60 PER DAY

Served weeks commencing:

4<sup>th</sup> March 2024

## MONDAY

### MAIN COURSES

Golden Crumbed Fish  
Goujons

Or  
Creamy Chicken & Broccoli  
Pasta with Garlic Bread

### SIDES

Sweetcorn & Peppers  
Coleslaw

And

Chipped Potato  
Baked Potato  
White Bread

### DESSERT

Ice-Cream, Pears  
Chocolate Sauce

## TUESDAY

### MAIN COURSES

Homemade Cottage Pie, Gravy  
Or Savoury Mince

Or  
Homemade Pepperoni Pizza  
Homemade Margherita Pizza

### SIDES

Garden Peas  
Roasted Courgettes,  
Peppers & Butternut Squash

And

Oven Baked Potato Wedges  
Mashed Potato  
Garlic Bread or Sliced Baguette

### DESSERT

Summer Fruit Cheesecake  
Summer Fruit Salad

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Beef Meatballs with Tomato &  
Basil Sauce

### SIDES

Green Beans  
Baton Carrots

And

Steamed Rice  
Penne Pasta  
Naan Bread / Ciabatta

### DESSERT

Sticky Date Pudding & Custard  
Sliced Red & Green Apples

## THURSDAY

### MAIN COURSES

Roast Gammon  
Stuffing & Gravy

Or

Chicken & Pepper Fajita

### SIDES

Fresh Cauliflower ,Broccoli  
& Carrots

And

Mashed Potato  
Oven Roast Potato  
Homemade Wheaten Bread

### DESSERT

Golden Krispie Square  
Pineapple Chunks

## FRIDAY

### MAIN COURSES

School "Chippy Day"  
Sausage & Chicken Goujon  
Curry Sauce / Ketchup  
Or

Baked Potato with Tuna &  
Sweetcorn / Salad

### SIDES

Baked Beans  
Garden Peas

And

Chipped Potatoes  
Baby Potatoes  
White Bread

### DESSERT

Frozen Fruit Yoghurt  
Fresh Fruit Selection

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FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH THE LUNCH BUNCH

**ea catering**  
**WEEK FOUR**

**BALLYKEEL PRIMARY**

**£2.60 PER DAY**

Served weeks commencing:

**11<sup>th</sup> March 2024**

## MONDAY

### MAIN COURSES

Baked Pork Sausages &  
Gravy

Or

Jerk Chicken & Caribbean  
Rice with Flatbread

### SIDES

Baked Beans  
Garden Peas

And

Chipped Potatoes  
Baked Potato  
Wholemeal Bread

### DESSERT

Ice-Cream, Strawberry Sauce  
Two Fruits

## TUESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

BBQ Pulled Pork Pizza Wrap

### SIDES

Sweetcorn  
Diced Carrots

And

Boiled Rice  
Oven Roasted Garlic &  
Paprika Wedges  
Naan Bread

### DESSERT

Jaffa Cake Pots  
Mandarins Oranges

## WEDNESDAY

### MAIN COURSES

Breaded Fish Fillet  
Lemon Mayo

Or

Beef Lasagne & Garlic Bread  
Salad

### SIDES

Garden Peas  
Coleslaw / Salad

And

Mashed Potato  
Baby Potato  
Crusty Bread

### DESSERT

Summer Fruit Sponge &  
Custard, Honeydew Melon

## THURSDAY

### MAIN COURSES

Roast Chicken  
Stuffing & Gravy

Or

Roast Butternut Squash,  
Penne Pasta and Tomato &  
Pesto Sauce

### SIDES

Savoy Cabbage  
Baton Carrots

And

Mashed Potato  
Oven Roast Potato  
White Bread

### DESSERT

Fresh Yoghurt &  
Fresh Fruit Salad

## FRIDAY

### MAIN COURSES

Beef Burger in Bap or  
Bean Burger in Bap with  
Cheese, Mayo or Ketchup  
Or

Salt & Chilli Chicken Wrap  
Rice & Salad

### SIDES

Mini Corn on the Cob  
Pasta Salad

And

Chipped Potato  
Steamed Rice

### DESSERT

Lemon Shortbread  
Melon Wedge

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FRESH FRUIT AVAILABLE DAILY

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