



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
**WEEK 3**

BALLYKEEL NURSERY MENU

WEEK COMMENCING:

6<sup>TH</sup> NOVEMBER 2023

£2.50 PER DAY

## MONDAY

### MAIN COURSES

Golden Crumbed Fish  
Fingers

### SIDES

Baked Beans  
Coleslaw

Chipped Potatoes  
Mashed Potatoes

Sliced Baguette

### DESSERT

Artic Roll with  
Peaches & Pears

## TUESDAY

### MAIN COURSES

Italian Beef with Crusty  
Roll

### SIDES

Garden Peas  
Salad

Homemade Diced  
Potatoes

Garlic Bread Slice

### DESSERT

Fresh Fruit Pot

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

### 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

### 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

### 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 NURSERY MENU

WEEK COMMENCING:

13<sup>TH</sup> NOVEMBER 2023

£2.50 PER DAY

## MONDAY

### MAIN COURSES

Beef Pasta Bolognese  
Grated Cheese

### 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

### SIDES

Sweetcorn & Peppers  
Coleslaw

Chipped Potatoes  
Baked Potato

Garlic Bread Slice

### DESSERT

Jelly & Mandarin  
Oranges

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry

### SIDES

Green Beans

Steamed Rice

Garlic & Coriander Naan

### DESSERT

Cornflake Tart  
& Custard

## THURSDAY

### MAIN COURSES

Roast Gammon with  
Stuffing & Gravy

### 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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TO DELIVERY CHANGES

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