



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
**WEEK 1**

BALLYKEEL PRIMARY  
WEEK COMMENCING  
20<sup>th</sup> NOVEMBER 2023  
£2.60 PER DAY

## MONDAY

### MAIN COURSES

Savoury Mince

Or

Italian Chicken &  
Tomato Pasta  
Garlic Bread

### SIDES

Baton Carrots  
Side Salad

Mashed Potato

White Bread

### DESSERT

Banana Yoghurt Pot

## TUESDAY

### MAIN COURSES

Classic Margherita Pizza

Or

Fish Goujon in Soft Shell  
Taco & Zingy Tomato  
Salsa

### SIDES

Baked Beans  
Salad / Coleslaw

Chipped Potatoes  
Baked Potato

Garlic Bread Slice

### DESSERT

Strawberry Mousse  
& Fruit

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Steamed Rice

Or

Chilli Chicken Panini

### SIDES

Garden Peas  
Sweetcorn

Steamed Rice  
Oven Baked Wedges

Garlic & Coriander Naan

### DESSERT

Chocolate Sponge  
& Custard

## THURSDAY

### MAIN COURSES

Roast Beef with  
Stuffing & Gravy

Or

Chicken Casserole

### SIDES

Carrots & Parsnip  
Savoy Cabbage

Mashed Potatoes  
Oven Roast Potato

Wholemeal Bread

### DESSERT

Strawberry Jelly,  
Ice Cream & Fruit

## FRIDAY

### MAIN COURSES

Hot Dog

Or

Crispy Cod Fishcakes

### SIDES

Tomato Ketchup  
Coleslaw / Salad

Chipped Potatoes  
Baked Potato

Sliced Baguette

### DESSERT

Fresh Fruit Pot  
& Popcorn Cookie



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
**WEEK 2**

BALLYKEEL PRIMARY  
WEEK COMMENCING:  
27<sup>TH</sup> NOVEMBER 2023  
£2.60 PER DAY

## MONDAY

### MAIN COURSES

Sausage Roll

Or

Sweet & Sour Chicken  
Steamed Rice & Naan  
Bread

### SIDES

Spaghetti Hoops  
Garden Peas

Chipped Potatoes  
Steamed Rice

Wholemeal Bread

### DESSERT

Ice Cream, Chocolate  
Sauce and Sliced  
Pears

## TUESDAY

### MAIN COURSES

Pasta Bolognaise

Or

BBQ Chicken Pizza

### SIDES

Sweetcorn & Peppers  
Salad

Oven Roasted Potato  
Wedges

Garlic Bread Slice

### DESSERT

Zesty Orange Sponge  
& Custard

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Steamed Rice

Or

Pitta Pocket Filled with  
Pulled Pork, Salad &  
Coleslaw

### SIDES

Garden Peas

Steamed Rice

Naan Bread

### DESSERT

Fresh Fruit Salad and  
Yoghurt

## THURSDAY

### MAIN COURSES

Roast Pork Loin with  
Stuffing & Gravy

Or

Poached Salmon

### SIDES

Cauliflower, Broccoli &  
Carrots

Mashed Potatoes &  
Oven Roast Potatoes

White Bread

### DESSERT

Blueberry Muffin &  
Watermelon Wedge

## FRIDAY

### MAIN COURSES

**TINSEL & TREAT DAY**

Beef Burger in a Bap  
with Tomato Ketchup

Or  
Chicken Burger in a  
Bap with Mayo

### SIDES

Sweetcorn  
Tossed Salad

Chipped Potatoes  
Or Potato Wedges

Crusty Bread

### DESSERT

**Christmas Cookie  
& Sliced Oranges**



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK 3

BALLYKEEL PRIMARY MENU  
WEEK COMMENCING:  
4<sup>th</sup> DECEMBER 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

#### CHRISTMAS DINNER



Roast Turkey  
Stuffing, Gravy  
Cocktail Sausages

### SIDES

Baton Carrots  
Garden Peas  
Brussel Sprouts  
Mashed Potatoes  
& Roast Potatoes

### DESSERT

Ice- Cream &  
Christmas Cookie or  
Christmas Pudding  
& Custard

## THURSDAY

### 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

## 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

Homemade Warm  
Chocolate Brownie



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
**WEEK 4**

BALLYKEEL PRIMARY MENU

WEEK COMMENCING:

11<sup>th</sup> DECEMBER 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

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

#### PACKED LUNCH

SANDWICHES  
HAM, CHEESE, TUNA

### SIDES

VEGETABLE STICKS  
CARROT, CUCUMBER,  
PEPPERS

### DESSERT

GINGER COOKIE &  
APPLE JUICE CARTON