



EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK ONE
BALLYKEEL PRIMARY
£2.60 PER DAY

Served week commencing:
19th 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:
26th 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

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 THREE

BALLYKEEL PRIMARY

£2.60 PER DAY

Served weeks commencing:
4th 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



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK FOUR
BALLYKEEL PRIMARY
£2.60 PER DAY
 Served weeks commencing:
11th 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