



EAT SMART WITH Regent House Prep School THE LUNCH BUNCH

ea catering
WEEK ONE

WEEK COMMENCING:
SEP 11, OCT 9, NOV 6,
DEC 4, JAN 8, FEB 5

MONDAY

MAIN COURSES

Classic Margherita Pizza (V)

or

Italian Chicken & Tomato
Pasta Bake with Garlic
Bread

SIDES

Steamed Broccoli/ Coleslaw

and

Chipped Potato/Baked
Potato/Salad

DESSERT

Banana
Yogurt Pot

TUESDAY

MAIN COURSES

Savory Mince Pie

Or

Fish Goujon in Soft Shell Taco
with Tomato Salsa

Or

Cheese Panini (V)

SIDES

Baton Carrots

and

Mashed/Baby Potatoes/ Salad

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

Or

Vegan Meatball and Pasta
(V/VG)

SIDES

Garden Peas
& Sweetcorn

and

Steamed Rice/Oven Baked
Potato Wedges

DESSERT

Strawberry Jelly, Ice Cream
& Fruit

THURSDAY

MAIN COURSES

Roast Gammon, Stuffing &
Rich Gravy

Or

Mac and Cheese (V)

SIDES

Carrot & Parsnip/Savoy
Cabbage

and

Mashed Potato/Oven Roast
Potato

DESSERT

Chocolate Sponge &
Custard

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

Or

Veggie Hot Dog (V)

SIDES

Garden Peas/Spaghetti
Hoops/Salad

and

Chipped Potatoes/
Baked Potatoes

DESSERT

Flakemeal Biscuit &
Fruit Selection

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



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WEEK TWO

WEEK COMMENCING:
SEP 18, OCT 16, NOV 13,
DEC 11, JAN 15, FEB 12

MONDAY

MAIN COURSES

Sausage Roll

Or

Sweet Chilli Pasta Bake (V)

SIDES

Baked Beans and Garden Peas

and

Chipped Potato/Jacket Potato Salad

DESSERT

Ice Cream, Chocolate Sauce & Sliced Pears

TUESDAY

MAIN COURSES

Mexican Chilli

Or

BBQ Chicken Pizza

Or

Vegetable Bake (V)

SIDES

Sweetcorn/Coleslaw

and

Steamed Rice/Potato Wedges Salad

DESSERT

Apple Sponge & Custard

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Vegetable Pasta (V)

SIDES

Garden Peas & Sweetcorn

and

Steamed Rice

DESSERT

Strawberry Mousse & fruit

THURSDAY

MAIN COURSES

Roast Turkey, Stuffing & Rich Gravy

or

Poached Salmon

Or

Mac and Cheese (V)

SIDES

Cauliflower/Broccoli

and

Mashed Potato/Oven Roast Potato

DESSERT

Blueberry Muffin

FRIDAY

MAIN COURSES

Beef Burger with Tomato Ketchup

Or

Vegetable Burger (V)

SIDES

Sweetcorn/Salad

and

Chipped Potatoes/ Baked Potatoes

DESSERT

Flakemeal Biscuit & Fruit

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WEEK THREE

WEEK COMMENCING:
AUG 28, SEP 25, OCT 23,
NOV 20, DEC 18, JAN 22

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

Or

Vegetable Lasagna (V)

SIDES

Baked Beans

and

Chipped or Mashed
Potatoes/ Salad

DESSERT

Artic Roll with
Peaches & Pears

TUESDAY

MAIN COURSES

Beef Meatballs with Italian
Tomato & Basil Sauce

Or

Meatfree Meatballs (V)

Or

Pepperoni/Margherita Pizza

SIDES

Garden Peas/Salad

and

Penne Pasta/ Oven Baked
Potato Wedges

DESSERT

Fresh Fruit Pot

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

Or

Salt'n'Chilli Chicken Bites

Or

Vegetable Pasta (V)

SIDES

Corn on the Cob

and

Steamed Rice/Salad/Potato
Wedges

DESSERT

Lemon Drizzle Cake and
Custard

THURSDAY

MAIN COURSES

Roast Beef, Stuffing & Rich
Gravy

Or

Mac and Cheese (V)

SIDES

Carrot & Parsnip/
Cauliflower Cheese

and

Mashed Potato/Oven Roast
Potato

DESSERT

Fairy Cake

FRIDAY

MAIN COURSES

Tasty Pork Sausages with
Tomato Ketchup or Gravy

Or

Vegetarian Sausage (V)

SIDES

Sweetcorn &
Baked Beans

and

Chipped Potato/Mashed
Potato

DESSERT

Fresh Fruit Selection

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FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

WEEK COMMENCING:
 SEP 04, OCT 2, OCT 30,
 NOV 27, JAN 01, JAN 29

MONDAY

MAIN COURSES

Ham & Cheese Pizza with
 Garlic Dip

Or

Cheese Pizza (V)

SIDES

Mini Corn on the Cob/
 Baked Beans/Coleslaw

and

Chipped Potato/ Baked
 Potato

DESSERT

Melon, Mandarin &
 Pineapple Pot

TUESDAY

MAIN COURSES

Beef Bolognese with Garlic
 Bread

Or

Sweet Chilli Chicken Panini &
 Coleslaw

Or

Potato and Veg Bake (V)

SIDES

Baton Carrots/Salad/ Potato
 Wedges

and

Pasta Shells

DESSERT

Jelly & Fruit

WEDNESDAY

MAIN COURSES

Chicken Curry
 & Naan Bread

Or

Vegetable Pasta (V)

SIDES

Green Beans
 & Sweetcorn

and

Steamed Rice/Salad

DESSERT

Date Fudge
 & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
 Rich Gravy

Or

Mac and Cheese (V)

SIDES

Cauliflower Cheese & Baton
 Carrots

and

Mashed Potato/Oven Roast
 Potato

DESSERT

Ice-Cream, Pears &
 Chocolate Sauce

FRIDAY

MAIN COURSES

Chicken Goujons

or

Admiral's Ocean Pie

Or

Sweet and Sour Veg Rice(V)

SIDES

Garden Peas/
 Baked Beans

and

Chipped & Jacket
 Potato/Salad

DESSERT

Homemade Ginger Biscuit
 & Fruit

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