



# EAT SMART WITH **THE LUNCH BUNCH**

ea catering  
**WEEK ONE**  
WEEK COMMENCING:  
2<sup>nd</sup> September 24

## MONDAY

### MAIN COURSE

Crumbed Fish Fingers

### SIDES

Sweetcorn/Coleslaw

and

Chipped Potato/Baked  
Potato/

### DESSERT

Ice Cream /Pears

## TUESDAY

### MAIN COURSE

Savoury Mince

### SIDES

Diced Carrots

and

Mashed/Baby Potatoes

### DESSERT

Summer Fruit Cheesecake

## WEDNESDAY

### MAIN COURSES

Beef Meatballs with  
Tomato and Basil Sauce

### SIDES

Baton Carrots

and

Steamed Rice/Pasta  
Spirals

### DESSERT

Sticky Pudding /Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Rich Gravy

### SIDES

Fresh Seasonal Vegetables

and

Mashed Potato/Oven Roast  
Potato

### DESSERT

Golden Krispie Square

## FRIDAY

### MAIN COURSES

School Chippy Day  
Chicken Gougons

### SIDES

Beans/Mushy Peas

and

Chipped Potatoes/New  
Baby Potatoes

### DESSERT

Frozen Friut Yoghurt

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