



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK 3

WEEK COMMENCING:  
MAR 4<sup>TH</sup>, APR 1<sup>ST</sup>, APR 29<sup>TH</sup>  
MAY 27<sup>TH</sup>, JUNE 24<sup>TH</sup>,  
SEPT 16<sup>TH</sup>

## MONDAY

### MAIN COURSES

Golden Crumbed  
Fish Fingers  
- Or -  
Creamy Chicken &  
Broccoli Pasta with  
Garlic Bread

### SIDES

Sweetcorn &  
Roasted Peppers  
Chipped / Baked  
Potato / Coleslaw

### DESSERT

Ice-Cream, Pears  
& Chocolate Sauce

## TUESDAY

### MAIN COURSES

Homemade Cottage  
Pie  
- Or -  
Homemade  
Margherita Pizza

### SIDES

Spring Greens /  
Butternut Squash  
Oven Baked Potato  
Wedges / Baked  
Potato

### DESSERT

Summer Fruit  
Cheesecake

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan  
Bread  
- Or -  
Beef Meatballs  
with Tomato & Basil  
Sauce

### SIDES

Green Beans / Baton  
Carrots  
Steamed Rice / Pasta  
Spirals

### DESSERT

Sticky Date  
Pudding & Custard

## THURSDAY

### MAIN COURSES

Roast of the Day,  
Stuffing & Gravy  
- Or -  
Chicken & Pepper  
Fajita

### SIDES

Fresh Vegetables in  
Season  
Mashed Potato /  
Oven Roast Potato

### DESSERT

Golden Krispie  
Square

## FRIDAY

### MAIN COURSES

School "Chippy  
Day" Chicken or  
Fish Goujons /  
Sausages  
- Or -  
Baked Potato with  
Tuna & Sweetcorn  
/ Salad

### SIDES

Beans / Mushy Peas  
Chipped / Baby New  
Potatoes

Frozen Fruit Yoghurt

### DESSERT

Frozen Fruit  
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