



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
**WEEK 1**

18 September  
16 October  
13 November  
11 December

## MONDAY

### MAIN COURSES

Spaghetti Bolognese

Or

Crispy Cod Fishcake  
with Tomato Ketchup

### SIDES

Baton Carrots &  
Baked Beans

Mashed Potato, Salad

### DESSERT

Homemade Ginger  
Biscuit & Custard

## TUESDAY

### MAIN COURSES

Classic Margherita Pizza

Or

Italian Chicken &  
Tomato Pasta Bake &  
Garlic Bread

### SIDES

Garden Peas & Coleslaw

Chipped Potato, Pasta

### DESSERT

Strawberry Jelly, Ice  
Cream & Fruit

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

Or

Chicken Panini &  
Coleslaw

### SIDES

Steamed Broccoli &  
Sweetcorn

Oven Roasted Potato  
Wedges, Rice

### DESSERT

Banana Yoghurt Pot

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing &  
Rich Gravy

Or

Beef Olive

### SIDES

Baton Carrots & Cabbage

Mashed Potato or roast  
potato

### DESSERT

Chocolate Sponge &  
Custard

## FRIDAY

### MAIN COURSES

Hot Dog

Or

Chicken Wrap &  
Sweet Chilli Sauce

### SIDES

Garden Peas & Spaghetti  
Hoops

Chipped Potato, Pasta

### DESSERT

Fresh Fruit & Yoghurt



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK 2

28 August  
25 September  
23 October  
20 November  
18 December

## MONDAY

### MAIN COURSES

Chicken Nuggets

Or

Homemade Lasagna

### SIDES

Steamed Broccoli &  
Garden Peas

Chipped Potato,  
Mashed Potato

### DESSERT

Ice Cream, Chocolate  
Sauce & Sliced Pears

## TUESDAY

### MAIN COURSES

Spaghetti Bolognaise

Or

BBQ Chicken Pizza

### SIDES

Sweetcorn & Baked  
Beans

Diced Potatoes, Pasta,  
Salad

### DESSERT

Fruit & frozen  
strawberry mousse

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

Or

Golden Crumbed Fish  
Fingers

### SIDES

Garden Peas

Rice, Salad, Mashed  
Potato

### DESSERT

Rice Krispie Square &  
Fruit

## THURSDAY

### MAIN COURSES

Roast Turkey, Stuffing &  
Rich Gravy

Or

Salmon Fishcake

### SIDES

Cauliflower & Baton  
Carrots

Mashed Potato or Oven  
Roast Potato

### DESSERT

Fruit Muffin Slab

## FRIDAY

### MAIN COURSES

Steak Burger &  
Tomato Ketchup

Or

Chicken Crumble

### SIDES

Sweetcorn & Salad

Or

Chipped Potato, Pasta

### DESSERT

Flakemeal Biscuit &  
Fruit



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK 3

04 September  
02 October  
30 October  
27 November

## MONDAY

### MAIN COURSES

Golden Crumbed Fish  
Fingers

Or

Mighty Mac 'n' Cheese  
with Garlic Bread Slice

### SIDES

Baked Beans &  
Broccoli & Coleslaw

Mashed Potatoes

### DESSERT

Artic Roll with  
Peaches

## TUESDAY

### MAIN COURSES

Beef Meatballs with  
Italian Tomato & Basil  
Sauce

Or

Margherita Pizza

### SIDES

Garden Peas & Salad

Oven Baked Potato  
Wedges, Pasta

### DESSERT

Shortbread, Milk  
Shake & Fruit

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

Or

Bacon Slice

### SIDES

Mini Corn on the Cob

Steamed Rice, Chipped  
Potatoes

### DESSERT

Strawberry Jelly &  
Fruit

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing &  
Rich Gravy

Or

Mexican Chilli with  
Nachos

### SIDES

Baton Carrots & Tossed  
Salad

Mashed Potato or roast  
potato

### DESSERT

Jam & Coconut  
Sponge & Custard

## FRIDAY

### MAIN COURSES

Tasty Pork Sausages  
with Tomato Ketchup  
or Gravy

Or

Chicken Panini &  
Coleslaw

### SIDES

Sweetcorn & Spaghetti  
Hoops

Chipped Potatoes &  
Mashed Potatoes

### DESSERT

Melon Wedge



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK 4

11 September  
09 October  
06 November  
04 December

## MONDAY

### MAIN COURSES

Beef Bolognaise with  
Garlic Bread

Or

Stuffed Bacon  
Roll/Bacon Slice

### SIDES

Garden Peas &  
Cabbage

Oven Baked Potato  
Wedges, Spaghetti

### DESSERT

Chocolate Cake &  
Custard

## TUESDAY

### MAIN COURSES

Golden Crumbed Fish  
Fingers

Or

Tex-Mex Enchilada

### SIDES

Mini Corn on the Cob &  
Spaghetti Hoops or  
Coleslaw

Chipped Potatoes, Pasta

### DESSERT

Jelly & Mandarin  
Oranges

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

Or

Steak Burger & Gravy

### SIDES

Garden Beans &  
Sweetcorn

Mashed Potato, Rice

### DESSERT

Cornflake Biscuit &  
Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing  
& Rich Gravy

Or

Stuffed Chicken

### SIDES

Cauliflower Cheese &  
Baton Carrots

Mashed Potato

### DESSERT

Ice Cream with wafer  
& Fruit

## FRIDAY

### MAIN COURSES

Oven Baked Chicken  
Nuggets

Or

Admiral's Ocean Pie

### SIDES

Garden Peas & Baked  
Beans

Chipped Potatoes &  
Baked Potato

### DESSERT

Homemade Ginger  
Biscuit & Fruit