



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

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