



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK FOUR

Served weeks commencing:
11 March, 8 April,
6 May, 3 June
26 August, 23 September

MONDAY

MAIN COURSES

Baked Pork Sausages & Gravy

SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

DESSERT

Ice-Cream & Two Fruits

TUESDAY

MAIN COURSES

BBQ Pulled Pork Pizza
Wrap or margherita
pizza as choice for (P4-
P7)

SIDES

Sweetcorn

And

Oven Roasted Garlic & Paprika Wedges

DESSERT

Orange Jelly & Fruit

WEDNESDAY

MAIN COURSES

Fish Fingers & Lemon Mayo

SIDES

Garden Peas

And

Mashed Potato

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast Chicken , Stuffing & Gravy

SIDES

Shredded Cabbage /
Diced Carrot

And

Mashed / Oven Roast
Potato

DESSERT

Fresh Fruit Salad & Yoghurt

FRIDAY

MAIN COURSES

Beef Burger in Bap
with optional onions

SIDES

Corn on the Cob /
Pasta Salad

And

Chipped / Steamed
Rice

DESSERT

Lemon Shortbread & Melon Wedge