



# EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK THREE

Served weeks commencing:

4 March, 1 April, 29 April,

27 May, 24 June

16 September

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers or Pizza as choice for (P4-P7)

### SIDES

Sweetcorn

And

Chipped / Baked Potato

### DESSERT

Ice-Cream with Pears

## TUESDAY

### MAIN COURSES

Homemade Cottage Pie

### SIDES

Spring Greens

And

Oven Baked Potato Wedges

### DESSERT

Strawberry Delight

## WEDNESDAY

### MAIN COURSES

Beef Bolognaise

### SIDES

Baton Carrots

And

Pasta Spirals / Crusty Bread

### DESSERT

Homemade Oat Biscuit

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing & Gravy

### SIDES

Cauliflower / Carrots

And

Mashed / Oven Roast Potato

### DESSERT

Golden Krispie Square

## FRIDAY

### MAIN COURSES

School "Chippy Day" Chicken Goujons / Sausage

### SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

### DESSERT

Frozen Fruit Yoghurt