



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK TWO

Served weeks commencing:
26 February, 25 March,
22 April, 20 May, 17 June
9 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers or Ham & Cheese Panini as choice for (P4-P7)

SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

DESSERT

Homemade Flakemeal Biscuit

TUESDAY

MAIN COURSES

Chicken Fried Rice with Curry or Gravy & Naan Bread

SIDES

Baton Carrot

And

Boiled Rice

DESSERT

Artic Roll & Peaches

WEDNESDAY

MAIN COURSES

Beef Bolognaise

SIDES

Sweetcorn

And

Pasta Spirals / Crusty Bread

DESSERT

Mandarin Orange Sponge & Custard

THURSDAY

MAIN COURSES

Roast Chicken, Stuffing & Gravy

SIDES

Carrot / Parsnip

And

Mashed / Oven Roast Potato

DESSERT

Homemade Brownie & Orange Wedges

FRIDAY

MAIN COURSES

Chicken Goujons & Sweet Chilli Dip

SIDES

Spaghetti Hoops / Corn on the Cob

And

Chipped / Baked Potato

DESSERT

Fruit Muffin with Pure Apple / Orange Juice