



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

Served weeks commencing:
19 February, 18 March,
15 April, 13 May, 10 June,
2 September, 30 September

MONDAY

MAIN COURSES

Breaded Fish & Lemon Mayo or Margherita Pizza as choice for (P4-P7)

SIDES

Garden Peas / Baked Beans

And

Chipped / Baked Potato

DESSERT

Raspberry Jelly & Two Fruits

TUESDAY

MAIN COURSES

Beef Bolognese

SIDES

Sweetcorn

And

Pasta Spirals / Crusty Bread

DESSERT

Chocolate & Orange Cake

WEDNESDAY

MAIN COURSES

Chicken Fried Rice with Curry or Gravy & Naan Bread

SIDES

Green Beans

And

Rice

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Beef Meatballs, Stuffing & Gravy

SIDES

Shredded Cabbage / Diced Carrot

And

Mashed / Oven Roast Potato

DESSERT

Strawberry Delight

FRIDAY

MAIN COURSES

Sausage / Tomato Ketchup

SIDES

Spaghetti Hoops / Corn on the Cob

And

Chipped / Mashed Potato

DESSERT

Ice-Cream & Mandarin Oranges