



EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK THREE

Served weeks commencing:

21 October, 18 November

16 December, 13 January

10 February

MONDAY

MAIN COURSES

Homemade Ham & Cheese
Pizza

SIDES

Spaghetti Hoops /
Mini Corn-on-the-Cob

And

Roast Potato Wedges /
Mashed Potatoes

DESSERT

Vanilla Ice-Cream
with Pear Slices & Hot
Chocolate Sauce

TUESDAY

MAIN COURSES

Beef Bolognese

SIDES

Cauliflower Cheese /
Steamed Broccoli

And

Mashed Potato /
Pasta

DESSERT

Apple Sponge with Custard

WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken Curry
& Naan Bread

SIDES

Garden Peas / Roast
Butternut Squash

And

Chipped Potato / Boiled Rice

DESSERT

Frozen Smoothie

THURSDAY

MAIN COURSES

Roast Beef,
Yorkshire Pudding & Gravy

Or

Salmon Fish Fingers
& Lemon Mayonnaise

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Chocolate Cracknel & Custard

FRIDAY

MAIN COURSES

Hotdog
& Tomato Ketchup

SIDES

Coleslaw /
Baked Beans

And

Chipped Potato /
Pasta Salad

DESSERT

Homemade Oatmeal
Biscuit & Fresh Fruit Pot