

EAT SMART WITH

ea catering

WEEK ONE

15 - 19 April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSES

Golden Crumbed Fish Fingers

SIDES

Baked Beans & Garden Peas

And

Chipped Potato

DESSERT

Homemade Flakemeal Biscuit

MILK, WATER, BREAD &

MAIN COURSES

Beef Ragu Italia

SIDES

Sweetcorn / Diced Carrots / Coleslaw

And

Oven Roasted Potato Wedges

DESSERT

Mandarin Orange Sponge & Custard

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Garden Peas & Baton Carrots

And

Boiled Rice / Mashed Potato

DESSERT

Arctic Roll and Peaches

MAIN COURSES

Roast Gammon, Stuffing & Gravy

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Homemade Brownie & Orange Wedges

MAIN COURSES

Chicken Goujons & Sweet Chilli Dip

SIDES

Spaghetti Hoops / Corn on the Cob

And

Chipped Potatoes

DESSERT

Fruit Muffin with Pure Apple / Orange Juice