



# EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK THREE

29 April to 3 May

## MONDAY

### MAIN COURSES

Baked Pork Sausages & Gravy

### SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

### DESSERT

Ice-Cream & Two Fruits

## TUESDAY

### MAIN COURSES

BBQ Pulled Pork Pizza

### SIDES

Sweetcorn / Baton Carrots

And

Oven Roasted Garlic & Paprika Wedges

### DESSERT

Strawberry Jelly & Fresh Fruit

## WEDNESDAY

### MAIN COURSES

Breaded Fish & Lemon Mayo

### SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

### DESSERT

Fruit Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing & Gravy

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Fresh Fruit Salad & Yoghurt

## FRIDAY

### MAIN COURSES

Beef Burger / Bean Burger in Bap with Onions

### SIDES

Corn on the Cob / Pasta Salad

And

Chipped Potato

### DESSERT

Lemon Shortbread & Melon Wedge