

FAT SMART WITH THE LUNCH BUNGA

ea catering

WEEK THREE

Served weeks commencing: 4 March, 1 April, 29 April, 27 May, 24 June 16 September

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSES

Baked Pork Sausages & Gravy

1.24

Jerk Chicken & Caribbean Rice with Flatbread

SIDES

Baked Beans / Garden Peas

301.3

Chipped / Baked Potato

DESSERT

Ice-Cream & Two Fruits

MAIN COURSES

Chicken Curry & Naan Bread

BBQ Pulled Pork Pizza Wrap

SIDES

Sweetcorn / Baton Carrots

Kost

Boiled Rice / Oven Roasted Garlic & Paprika Wedges

DESSERT

Jaffa Cake Pots

MAIN COURSES

Breaded Fish& Lemon Mayo

Beef Lasagne / Garlic Bread /, Coleslaw

SIDES

Garden Peas / Diced Carrots

2 secti

Mashed / Baby Potato

DESSERT

Fruit Sponge & Custard

WAIN COURSES

Roast of the Day, Stuffing & Gravy

100

Roast Butternut Squash,
Penne Pasta and Tomato &
Pesto Sauce

SIDES.

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Fresh Fruit Salad & Yoghurt

MAIN COURSES

Beef Burger / Bean Burger in Bap with Onions

Salt & Chilli Chicken

SIDES

Corn on the Cob / Pasta Salad

Anc

Chipped Potato / Steamed Rice

DESSERT

Lemon Shortbread & Melon Wedge