

EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

Served weeks commencing:
7 October, 4 November
2 December, 30 December
27 January

MONDAY

MAIN COURSES

Oven-Baked Fish Fingers

Or

Beef Bolognese
& Garlic Bread

SIDES

Baked Beans /
Marrowfat Peas

And

Pasta Spirals /
Oven-baked Wedges

DESSERT

Vanilla Ice-Cream,
with Pears & Butterscotch
Sauce

TUESDAY

MAIN COURSES

Homemade BBQ Chicken
Pizza

Or

Traditional Irish Stew
& Wheaten Bread

SIDES

Coleslaw /
Baton Carrots

And

Chipped Potato /
Baked Potato

DESSERT

Homemade Banana Cake

WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken Curry
& Naan Bread

Or

Baked Quorn Dippers
& BBQ Sauce

SIDES

Sweetcorn /
Roast Courgette

And

Boiled Rice /
Mashed Potato

DESSERT

Chocolate & Raspberry
Spongecake with Custard

THURSDAY

MAIN COURSES

Roast Pork,
Stuffing & Gravy

Or

Chicken Goujons
& Sweet Chilli Dip

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Home-baked Popcorn Cookie
& Orange Wedges

FRIDAY

MAIN COURSES

Beef Burger & Bap

Or

Rainbow Salad Wrap
Iceberg Lettuce, Tomato,
Cucumber, Pepper, Cheese

SIDES

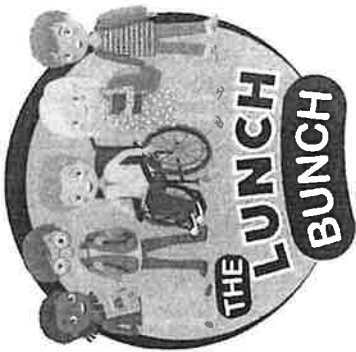
Mini Corn-on-the-Cob /
Garden Peas

And

Chipped Potato /
Baked Potato

DESSERT

Frozen Strawberry Mousse



EAT SMART WITH

THE LUNCH BUNCH

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Served weeks commencing:
14 October, 11 November
9 December, 6 January
3 February

MONDAY

MAIN COURSES

Fish Finger "Seadog"
served in a finger roll

Or

Beef Lasagne & Coleslaw

SIDES

Marrowfat Peas /
Baked Beans

And

Chipped Potato /
Baby Potato

DESSERT

Apple & Pear Crumble
with Custard

TUESDAY

MAIN COURSES

Savoury Beef Mince
& Crusty Bread

Or

Homemade Margherita Pizza

SIDES

Sweetcorn /
Baton Carrots

And

Oven-baked Cubed Potato /
Mashed Potato

DESSERT

Arctic Roll
& Winter Berry Sauce

WEDNESDAY

MAIN COURSES

Peppered Chicken

Or

Oven-Baked Pork Sausages

SIDES

Mini Corn-on-the-Cob /
Garden Peas

And

Mashed Potato /
Boiled Rice

DESSERT

Home-baked Jam & Coconut
Sponge & Custard

THURSDAY

MAIN COURSES

Roast Gammon,
Stuffing & Gravy

Or

Creamy Mac 'n' Cheese
with Garlic Bread

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Chocolate Rice Krispie
Square

FRIDAY

MAIN COURSES

Crispy Baked Chicken
Burger & Bap

Or

Tuna Mayo Deli Roll

SIDES

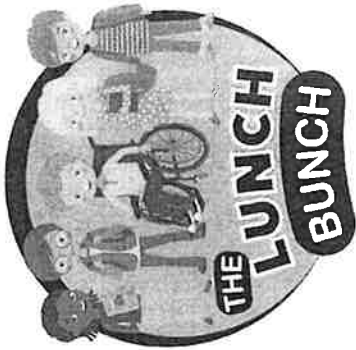
Spaghetti Hoops /
Asian Slaw

And

Chipped Potato /
Baked Potato

DESSERT

Raspberry Jelly
& Peach Slices



EAT SMART WITH THE LUNCH BUNCH

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WEEK THREE

Served weeks commencing:
21 October, 18 November
16 December, 13 January
10 February

MONDAY

MAIN COURSES

Homemade Ham & Cheese
Pizza

Or

Home-Baked Chicken
Crumble

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

Or

Roast Chicken and Gravy

SIDES

Cauliflower Cheese /
Steamed Broccoli

And

Mashed Potato /
Pasta

DESSERT

Apple Sponge with Custard

WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken Curry
& Naan Bread

Or

Oven-Baked Breaded Whiting

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

Or

Beef Burrito

SIDES

Coleslaw /
Baked Beans

And

Chipped Potato /
Pasta Salad

DESSERT

Homemade Oatmeal
Biscuit & Fresh Fruit Pot



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WEEK FOUR

Served weeks commencing:
28 October, 25 November
23 December, 20 January

MONDAY

MAIN COURSES

Oven-Baked Fish Goujons

Or

Homemade Margherita Pizza

SIDES

Steamed Garden Peas /
Spaghetti Hoops

And

Chipped Potato /
Baked Potato

DESSERT

Chocolate & Raspberry
Brownie

TUESDAY

MAIN COURSES

Cottage Pie

Or

Oven-Baked Chicken
Goujons & Choice of Dip

SIDES

Baton Carrots /
Steamed Broccoli

And

Garlic & Herb Potato
Wedges / Pasta Spirals

DESSERT

Ice-cream, Jelly & Two Fruit

WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken Curry
& Naan Bread

Or

Oven-Baked Cod Fishcake

SIDES

Sweetcorn /
Roasted Butternut Squash

And

Boiled Rice /
Mashed Potato

DESSERT

Chocolate & Pear Sponge
with Custard

THURSDAY

MAIN COURSES

Turkey & Ham,
Stuffing, Gravy

Or

Sweet Potato Fritter,
Flatbread & Sweet Chilli Mayo

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Homemade Flapjack
& Orange Wedges

FRIDAY

MAIN COURSES

Oven-Baked Chicken
Nuggets

Or

Homemade Beef Lasagne
with Crunchy Coleslaw

SIDES

Baked Beans /
Garden Peas

And

Chipped Potato /
Baked Potato

DESSERT

Choice of Fruit Yoghurt Pot