



EAT SMART WITH

ea catering WEEK 3

THE LUNCH BUNCH

WEEK COMMENCING:
SEP 11, OCT 9, NOV 6,
DEC 4, JAN 8, FEB 5

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

Or

Mighty Mac 'n' Cheese
with Garlic Bread Slice

SIDES

Baked
Beans/Coleslaw

Chipped Potatoes/
Mashed Potatoes

DESSERT

Artic Roll with fruit

TUESDAY

MAIN COURSES

Pepperoni/Margherita
Pizza

Or

Spicy Italian Beef Strips
served in a Pitta Pocket
with Sweet Chilli
Dressing

SIDES

Garden Peas/Dressed
Salad

Homemade Garlic Diced
Potatoes/
Mashed Potatoes

DESSERT

Fresh Fruit &
Shortbread

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Steak Burger in a Bap
with Cheese & Ketchup

SIDES

Dressed Tossed Salad

Rice/Mashed Potatoes

DESSERT

Lemon Drizzle Cake &
Custard

THURSDAY

MAIN COURSES

Roast Gammon, Stuffing
and Gravy

Or

Savoury Mince Pasta with
grated Italian Cheese

SIDES

Carrot & Broccoli

Mashed Potatoes/
Oven Roast Potato

DESSERT

Decorated Fairy Cake

FRIDAY

MAIN COURSES

Tasty Pork Sausages
with Tomato Ketchup

Or

Salt N Chilli Chicken
Wrap with Garlic
Mayo

SIDES

Mini Corn on the
Cob/Spaghetti Hoops

Chipped Potatoes/
Mashed Potatoes

DESSERT

Frozen Mousse
Fruit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL