



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 3

04 September
02 October
30 October
27 November

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

Or

Mighty Mac 'n' Cheese
with Garlic Bread Slice

SIDES

Baked Beans &
Broccoli & Coleslaw

Mashed Potatoes

DESSERT

Artic Roll with
Peaches

TUESDAY

MAIN COURSES

Beef Meatballs with
Italian Tomato & Basil
Sauce

Or

Margherita Pizza

SIDES

Garden Peas & Salad

Oven Baked Potato
Wedges, Pasta

DESSERT

Shortbread, Milk
Shake & Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Bacon Slice

SIDES

Mini Corn on the Cob

Steamed Rice, Chipped
Potatoes

DESSERT

Strawberry Jelly &
Fruit

THURSDAY

MAIN COURSES

Roast Chicken, Stuffing &
Rich Gravy

Or

Mexican Chilli with
Nachos

SIDES

Baton Carrots & Tossed
Salad

Mashed Potato or roast
potato

DESSERT

Jam & Coconut
Sponge & Custard

FRIDAY

MAIN COURSES

Tasty Pork Sausages
with Tomato Ketchup
or Gravy

Or

Chicken Panini &
Coleslaw

SIDES

Sweetcorn & Spaghetti
Hoops

Chipped Potatoes &
Mashed Potatoes

DESSERT

Melon Wedge

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