



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
**WEEK 2**

WEEK COMMENCING:  
SEP 04, OCT 02, OCT 30,  
NOV 27, JAN 01, JAN 29

## MONDAY

### MAIN COURSES

Sausage Roll

Or

Sweet and Sour  
Chicken & Rice

### SIDES

Spaghetti Hoops &  
Garden Peas

Chipped Potatoes/  
Mashed Potatoes

### DESSERT

Ice Cream, Chocolate  
Sauce and Sliced  
Pears

## TUESDAY

### MAIN COURSES

Pasta Bolognese with  
Garlic Bread

Or

Oven Baked Salmon

### SIDES

Sweetcorn/Tossed Salad

Mashed Potatoes

### DESSERT

Iced Sponge &  
Custard

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

Or

Cheese or BBQ Chicken  
Pizza

### SIDES

Garden Peas

Rice/Mashed Potatoes

### DESSERT

Fresh Fruit Salad and  
Yoghurt

## THURSDAY

### MAIN COURSES

Roast Turkey or Chicken,  
Stuffing & Gravy

Or

Salad filled Pitta with  
Barbeque Pulled Pork

### SIDES

Broccoli and Carrots

Mashed Potatoes/  
Oven Roasted Potato

### DESSERT

Fruit Muffin &  
Milkshake

## FRIDAY

### MAIN COURSES

Beef Burger in a Bap  
with Tomato Ketchup

Or

Peppered Chicken &  
Rice

### SIDES

Sweetcorn/Tossed Salad

Chipped Potatoes/  
Mashed Potatoes

### DESSERT

Flakemeal Biscuit &  
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