



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
**WEEK 4**

WEEK COMMENCING:  
SEP 18, OCT 16, NOV 13,  
DEC 11, JAN 15, FEB 12

## MONDAY

### MAIN COURSES

Spaghetti Bolognese  
& Garlic Bread

Or

Cod Fishcake with  
Ketchup

### SIDES

Garden Peas

Oven Baked Potato  
Wedges/  
Mashed Potatoes

### DESSERT

Yoghurt / Fresh Fruit

## TUESDAY

### MAIN COURSES

Ham & Cheese Pizza or  
Pepperoni with Garlic  
Dip

Or

Tex Mex Beef & Veg  
Enchilada

### SIDES

Mini Corn on the Cob/  
Coleslaw

Chipped Potatoes/  
Mashed Potatoes

### DESSERT

Jelly & Mandarin  
Oranges

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

Or

Oven Baked Sausages

### SIDES

Sweetcorn/Baked Beans

Rice/Mashed Potatoes

### DESSERT

Cracknel & Custard

## THURSDAY

### MAIN COURSES

Roast Beef, Stuffing &  
Gravy

Or

Stuffed Chicken and  
Gravy

### SIDES

Broccoli/Carrots

Mashed Potatoes/  
Oven Roast Potato

### DESSERT

Ice Cream, Pears &  
Chocolate Sauce

## FRIDAY

### MAIN COURSES

Oven Baked Chicken  
Goujons/Garlic Dip

Or

Sweet Chilli Chicken  
Panini

### SIDES

Tossed Salad/Spaghetti  
Hoops

Chipped Potatoes/  
Mashed Potatoes

### DESSERT

Homemade Ginger  
Biscuit and 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