



EAT SMART WITH THE LUNCH BUNCH

ea catering

P5-p7 WEEK 4

Served weeks commencing:

11 March, 8 April,

6 May, 3 June

26 August, 23 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

SIDES

Baked Beans

And

Chipped Potatoes

DESSERT

Homemade Flakemeal Biscuit

TUESDAY

MAIN COURSES

Beef Ragu Italia

SIDES

Coleslaw

And

Oven Roasted Potato
Wedges or Rice

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Chicken Curry
Naan Bread

SIDES

Baton Carrots

And

Boiled Rice

DESSERT

Artic Roll + Peaches

THURSDAY

MAIN COURSES

Roast of the Day, Pork
Stuffing & Gravy

SIDES

Fresh Vegetables in Season

And

Mashed / Roast Potatoes

DESSERT

Homemade Brownie &
Orange Wedges

FRIDAY

MAIN COURSES

Chicken Goujons & Sweet
Chilli Dip OR Salted Chilli
Chicken

SIDES

Spaghetti Hoops / Corn on
the Cob

And

Chipped Potatoes

DESSERT

Fruit Muffin with Orange
Juice