



# EAT SMART WITH THE LUNCH BUNCH

ea catering

**P5-p7 WEEK 3**

Served weeks commencing:

4 March, 1 April, 29 April,

27 May, 24 June

16 September

## MONDAY

### MAIN COURSES

Beef Bolognese

### SIDES

Sweetcorn

And

Pasta Spirals

### DESSERT

Chocolate & Orange Cookie

## TUESDAY

### MAIN COURSES

Breaded Fish & Lemon  
Mayo

### SIDES

Mushy or Garden Peas

And

Chipped / Baked Potato

### DESSERT

Raspberry Jelly & Two Fruits

## WEDNESDAY

### MAIN COURSES

Chicken Curry  
Naan Bread

### SIDES

Diced Carrots

And

Boiled Rice

### DESSERT

Fruit Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Beef  
silverside & Gravy

Or

Salmon & Creamy Tomato  
Pasta

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Pineapple Surprise

## FRIDAY

### MAIN COURSES

Hot Dog / Veggie Dog with  
Tomato Ketchup

### SIDES

Spaghetti Hoops

And

Chipped Potatoes

### DESSERT

Ice-Cream & Mandarin  
Oranges