



# EAT SMART WITH THE LUNCH BUNCH

ea catering

**P1-P4 WEEK 1**

Served weeks commencing:

19 February, 18 March,  
15 April, 13 May, 10 June,  
2 September, 30 September

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers

### SIDES

Sweetcorn & Roasted  
Peppers

And

Chipped / Baked Potato /  
Coleslaw

### DESSERT

Ice-Cream with Pears &  
Chocolate Sauce

## TUESDAY

### MAIN COURSES

Savoury Mince

### SIDES

Spring Greens Beans

And

Mash Potatoes

### DESSERT

Summer Fruit Cheesecake

## WEDNESDAY

### MAIN COURSES

Beef Meatballs with Tomato &  
Basil Sauce

### SIDES

Baton Carrots

And

Steamed Rice / Pasta Spirals

### DESSERT

Chocolate Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Gammon  
Gravy

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Krispie Square

## FRIDAY

### MAIN COURSES

School "Chippy Day"  
Chicken Goujons

### SIDES

Baked Beans / Mushy Peas

And

Chipped Potatoes

### DESSERT

Frozen Fruit Yoghurt