



EAT SMART WITH THE LUNCH BUNCH

ea catering

P1-p4 WEEK 3

Served weeks commencing:

4 March, 1 April, 29 April,

27 May, 24 June

16 September

MONDAY

MAIN COURSES

Beef Bolognaise

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed
Potato

DESSERT

Chocolate & Orange Cookie

TUESDAY

MAIN COURSES

Breaded Fish & Lemon
Mayo

SIDES

Mushy or Garden Peas /
Baked Beans

And

Chipped / Baked Potato

DESSERT

Raspberry Jelly & Two Fruits

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Diced Carrots & Green Beans

And

Noodles / Rice

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

Or

Salmon & Creamy Tomato
Pasta

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Pineapple Delight

FRIDAY

MAIN COURSES

Hot Dog / Veggie Dog with
Tomato Ketchup

SIDES

Spaghetti Hoops / Corn on
the Cob

And

Chipped / Mashed
Potatoes

DESSERT

Ice-Cream & Mandarin
Oranges