



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

Served weeks commencing:

~~19 February~~

MONDAY

MAIN COURSES

Beef Bolognese

Or

Chicken Goujon Wrap with
choice of dip

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed
Potato

DESSERT

Chocolate & Orange Cookie

TUESDAY

MAIN COURSES

Breaded Fish & Lemon
Mayo

Or

Homemade Margherita
Pizza

SIDES

Mushy or Garden Peas /
Baked Beans

And

Chipped Potato

DESSERT

Raspberry Jelly & Two Fruits

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Chinese-style Beef &
Vegetables

SIDES

Diced Carrots & Green Beans

And

Noodles / Rice

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast Loin Of Pork Stuffing &
Gravy

Or

Salmon & Creamy Tomato
Pasta

SIDES

Carrot/Parsnip

And

Mashed / Oven Roast Potato

DESSERT

Pineapple Delight

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

Or

Chicken & Summer Veg Pie

SIDES

Spaghetti Hoops /
Sweetcorn

And

Chipped Potato/Mashed
Potato

DESSERT

Ice-Cream & Mandarin
Oranges

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL DIETARY
REQUIREMENTS, PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO
PRODUCT AVAILABILITY