

EAT SMART WITH

ea catering

WEEK FOUR

Served weeks commencing:



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

School Closed

MAIN COURSES

Baked Pork Sausages

Or

Pepperoni Pizza

SIDES

Sweetcorn / Peas

And

Chips

DESSERT

Ice Cream & Two Fruits

MAIN COURSES

Breaded Fish & Lemon Mayo

Or

Beef Lasagne / Garlic Bread / Coleslaw

SIDES

Garden Peas / Diced Carrots

And

Mashed / Potato Wedges

DESSERT

Fruit Sponge & Custard

MAIN COURSES

Roast Chicken, Stuffing & Gravy

Or

Roast Butternut Squash,Pasta and Tomato Sauce

SIDES

Carrots

And Mashed/Roast Potato

DESSERT

Fruit Salad & Yoghurt

Main Courses

Beef Burger in Bap With onions

Or

Salt& Chilli Chicken

Sides

Sweetcorn/Salad

And

Chips/Steamed Rice

Dessert

Shortbread& Melon Wedge