



EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK FOUR

Served weeks commencing:
8th April

MONDAY

MAIN COURSES

Baked Pork Sausages &
Gravy

Or

Jerk Chicken & Caribbean
Rice with Flat Bread

SIDES

Baked Beans / Garden Peas

And

Chips

DESSERT

Ice-Cream & Two Fruits

TUESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

BBQ Pulled Pork Pizza Wrap

SIDES

Sweetcorn / Baton Carrots

And

Boiled Rice / Oven Roasted
Wedges

DESSERT

Jaffa Cake Pots

WEDNESDAY

MAIN COURSES

Breaded Fish & Lemon Mayo

Or

Beef Lasagne / Garlic Bread /
Coleslaw

SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

DESSERT

Fresh Fruit & Custard

THURSDAY

MAIN COURSES

Roast Chicken, Stuffing &
Gravy

Or

Roast Butternut
Squash, Pasta and Tomato
Sauce

SIDES

Broccoli/Cauliflower

And

Mashed/Roast Potato

DESSERT

Fruit Salad & Yoghurt

FRIDAY

Main Courses

Beef Burger in Bap
With onions

Or

Salt & Chilli Chicken

Sides

Sweetcorn/Salad

And

Chips/Steamed Rice

Dessert

Lemon Shortbread &
Melon Wedge