



EAT SMART WITH

THE LUNCH BUNCH

ea catering
WEEK 1

Week Commen
Sep 18, Oct 16, Nov 13
Dec 11, Jan 15, Feb 12

MONDAY

MAIN COURSES

Spaghetti Bolognese

Or

Crispy Cod Fishcake
with Tomato Ketchup

SIDES

Baton Carrots &
Baked Beans

Mashed Potato, Salad

DESSERT

Homemade Ginger
Biscuit & Custard

TUESDAY

MAIN COURSES

Classic Margherita Pizza

Or

Italian Chicken &
Tomato Pasta Bake &
Garlic Bread

SIDES

Garden Peas & Coleslaw

Chipped Potato,
Mashed Potato

DESSERT

Strawberry Jelly, Ice
Cream & Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Chicken Panini &
Coleslaw

SIDES

Steamed Broccoli &
Sweetcorn

Oven Roasted Potato
Wedges, Rice

DESSERT

Banana Yoghurt Pot

THURSDAY

MAIN COURSES

Roast Chicken, Stuffing &
Rich Gravy

Or

Beef Olive

SIDES

Baton Carrots & Savoy
Cabbage

Mashed Potato

DESSERT

Chocolate Sponge &
Custard

FRIDAY

MAIN COURSES

Hot Dog

Or

Chicken Wrap &
Sweet Chilli Salsa

SIDES

Garden Peas & Spaghe
Hoops

Chipped Potato, Mash
Potato

DESSERT

Fresh Fruit & Yoghurt