



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK FOUR

Served weeks commencing:

11 March, 8 April,

6 May, 3 June

26 August, 23 September

MONDAY

MAIN COURSES

Baked Pork Sausages & Gravy

Or

Jerk Chicken & Caribbean Rice with Flatbread

SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

DESSERT

Ice-Cream & Two Fruits

TUESDAY

MAIN COURSES

Breaded Fish & Lemon Mayo

Or

Beef Lasagne / Garlic Bread / Coleslaw

SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

DESSERT

Fruit Sponge & Custard

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

BBQ Pulled Pork Pizza Wrap

SIDES

Sweetcorn / Baton Carrots

And

Boiled Rice / Oven Roasted Garlic & Paprika Wedges

DESSERT

Jaffa Cake Pots

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

Or

Roast Butternut Squash, Penne Pasta and Tomato & Pesto Sauce

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Fresh Fruit Salad & Yoghurt

FRIDAY

MAIN COURSES

Beef Burger / Bean Burger in Bap with Onions

Or

Salt & Chilli Chicken

SIDES

Corn on the Cob / Pasta Salad

And

Chipped Potato / Steamed Rice

DESSERT

Lemon Shortbread & Melon Wedge