



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK TWO

Served weeks commencing:  
26 February, 25 March,  
22 April, 20 May, 17 June  
9 September

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers

Or

Creamy Chicken & Broccoli  
Pasta with Garlic Bread

### SIDES

Sweetcorn & Roasted  
Peppers

And

Chipped / Baked Potato /  
Coleslaw

### DESSERT

Ice-Cream with Pears &  
Chocolate Sauce

## TUESDAY

### MAIN COURSES

Homemade Cottage Pie

Or

Homemade Margherita Pizza

### SIDES

Spring Greens / Roasted  
Butternut Squash

And

Oven Baked Potato  
Wedges/Baked Potato

### DESSERT

Summer Fruit Cheesecake

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Beef Meatballs with Tomato &  
Basil Sauce

### SIDES

Green Beans / Baton Carrots

And

Steamed Rice / Pasta Spirals

### DESSERT

Sicky Date Pudding & Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy

Or

Chicken & Pepper Fajita

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Golden Krispie Square

## FRIDAY

### MAIN COURSES

School "Chippy Day" Fish or  
Chicken Goujons / Sausages

Or

Baked Potato with Tuna &  
Sweetcorn / Salad

### SIDES

Baked Beans / Mushy Peas

And

Chipped / Baby New  
Potatoes

### DESSERT

Frozen Fruit Yoghurt

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE  
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR  
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL