



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 1

MONDAY

MAIN COURSES

Oven Baked Fish
Fingers

with Tomato Ketchup

SIDES

Baked Beans

Chips
Mashed Potato,
Gravy

DESSERT

Artic Roll or Fruit

TUESDAY

MAIN COURSES

Oven Baked Sausages

SIDES

Baked Beans

Mashed Potato
Gravy

DESSERT

Shortbread Biscuits
or Fruit

WEDNESDAY

MAIN COURSES

Steak Burger in a Bap

With Tomato Ketchup

SIDES

Peas

Oven Roasted Potato
Wedges

DESSERT

Muffin or Fruit

THURSDAY

MAIN COURSES

Chicken Curry & Boiled
Rice Naan Bread

SIDES

Sweetcorn

Mashed Potato
Gravy

DESSERT

Flakemeal Biscuits or
Fruit

FRIDAY

MAIN COURSES

Cheese Pizza

SIDES

Mixed Salad
Coleslaw

Chips
Mashed Potato

DESSERT

Ice Cream Tub or
Fruit