



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK ONE

Served weeks commencing:  
7 October, 4 November  
2 December, 30 December  
27 January

## MONDAY

### MAIN COURSES

Oven-Baked Fish Fingers

### SIDES

Baked Beans /  
Marrowfat Peas

And

Pasta Spirals /  
Oven-baked Wedges

### DESSERT

Vanilla Ice-Cream,  
with Pears & Butterscotch  
Sauce

## TUESDAY

### MAIN COURSES

Homemade BBQ Chicken  
Pizza

### SIDES

Coleslaw /  
Baton Carrots

And

Chipped Potato /  
Baked Potato

### DESSERT

Homemade Banana Cake

## WEDNESDAY

### MAIN COURSES

"Lunch Bunch" Chicken Curry  
& Naan Bread

### SIDES

Sweetcorn /  
Roast Courgette

And

Boiled Rice /  
Mashed Potato

### DESSERT

Chocolate & Raspberry  
Spongecake with Custard

## THURSDAY

### MAIN COURSES

Roast Pork,  
Stuffing & Gravy

### SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /  
Oven Roast Potato

### DESSERT

Home-baked Popcorn Cookie  
& Orange Wedges

## FRIDAY

### MAIN COURSES

**Buffet Day**

### DESSERT

Frozen Strawberry Mousse