



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK THREE

Served weeks commencing:  
21 October, 18 November  
16 December, 13 January  
10 February

## MONDAY

### MAIN COURSES

Homemade Ham & Cheese  
Pizza

### SIDES

Spaghetti Hoops /  
Mini Corn-on-the-Cob

And

Roast Potato Wedges /  
Mashed Potatoes

### DESSERT

Vanilla Ice-Cream  
with Pear Slices & Hot  
Chocolate Sauce

## TUESDAY

### MAIN COURSES

Beef Bolognese

### SIDES

Cauliflower Cheese /  
Steamed Broccoli

And

Mashed Potato /  
Pasta

### DESSERT

Apple Sponge with Custard

## WEDNESDAY

### MAIN COURSES

"Lunch Bunch" Chicken Curry  
& Naan Bread

### SIDES

Garden Peas / Roast  
Butternut Squash

And

Chipped Potato / Boiled Rice

### DESSERT

Frozen Smoothie

## THURSDAY

### MAIN COURSES

Roast Beef,  
Yorkshire Pudding & Gravy

Or

Salmon Fish Fingers  
& Lemon Mayonnaise

### SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /  
Oven Roast Potato

### DESSERT

Chocolate Cracknel & Custard

## FRIDAY

### MAIN COURSES

Hotdog  
& Tomato Ketchup

### SIDES

Coleslaw /  
Baked Beans

And

Chipped Potato /  
Pasta Salad

### DESSERT

Homemade Oatmeal  
Biscuit & Fresh Fruit Pot