



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK TWO

Served weeks commencing:
14 October, 11 November
9 December, 6 January
3 February

MONDAY

MAIN COURSES

Fish Finger "Seadog"
served in a finger roll

SIDES

Marrowfat Peas /
Baked Beans

And

Chipped Potato /
Baby Potato

DESSERT

Apple & Pear Crumble
with Custard

TUESDAY

MAIN COURSES

Savoury Beef Mince
& Crusty Bread

SIDES

Sweetcorn /
Baton Carrots

And

Oven-baked Cubed Potato /
Mashed Potato

DESSERT

Arctic Roll
& Winter Berry Sauce

WEDNESDAY

MAIN COURSES

Peppered Chicken

SIDES

Mini Corn-on-the-Cob /
Garden Peas

And

Mashed Potato /
Boiled Rice

DESSERT

Home-baked Jam & Coconut
Sponge & Custard

THURSDAY

MAIN COURSES

Roast Gammon,
Stuffing & Gravy

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Chocolate Rice Krispie
Square

FRIDAY

MAIN COURSES

Crispy Baked Chicken
Burger & Bap

SIDES

Spaghetti Hoops /
Asian Slaw

And

Chipped Potato /
Baked Potato

DESSERT

Raspberry Jelly
& Peach Slices