



**EAT SMART WITH**

# THE LUNCH BUNCH

**ea catering**  
**WEEK 3**

Week Beginning  
04 September  
02 October  
30 October  
27 November

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers

Or

Mighty Mac 'n' Cheese with Garlic Bread Slice

### SIDES

Baked Beans & Broccoli & Coleslaw

Mashed Potatoes

### DESSERT

Artic Roll with Peaches

## TUESDAY

### MAIN COURSES

Beef Meatballs with Italian Tomato & Basil Sauce

Or

Margherita Pizza

### SIDES

Garden Peas & Salad

Oven Baked Potato Wedges, Pasta

### DESSERT

Shortbread, Custard & Fruit

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken Curry & Naan Bread

Or

Bacon Slice

### SIDES

Mini Corn on the Cob

Steamed Rice, Chipped Potatoes

### DESSERT

Strawberry Jelly & Fruit

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing & Rich Gravy

Or

Mexican Chilli with Nachos

### SIDES

Baton Carrots & Tossed Salad

Mashed Potato

### DESSERT

Jam & Coconut Sponge & Custard

## FRIDAY

### MAIN COURSES

Tasty Pork Sausages with Tomato Ketchup or Gravy

Or

Chicken Panini & Coleslaw

### SIDES

Sweetcorn & Spaghetti Hoops

Chipped Potatoes, Mashed Potato, Salad

### DESSERT

Melon Wedge

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