



# EAT SMART WITH

# THE LUNCH BUNCH

ea catering  
WEEK 2

Week Commen  
Aug 28, Sep 25, Oct 23  
Nov 20, Dec 18, Jan 22

## MONDAY

### MAIN COURSES

Chicken Nuggets

Or

Homemade Lasagne

### SIDES

Steamed Broccoli &  
Garden Peas

Chipped Potato, Rice

### DESSERT

Ice Cream, Chocolate  
Sauce & Sliced Pears

## TUESDAY

### MAIN COURSES

Spaghetti Bolognaise

Or

BBQ Chicken Pizza

### SIDES

Sweetcorn & Baked  
Beans

Diced Potatoes, Mashed  
Potatoes, Salad

### DESSERT

Fruit & Rice Pudding

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

Or

Golden Crumbed Fish  
Fingers

### SIDES

Garden Peas

Rice, Salad, Mashed  
Potato

### DESSERT

Rice Krispie Square &  
Fruit

## THURSDAY

### MAIN COURSES

Roast Turkey, Stuffing &  
Rich Gravy

Or

Salmon Fishcake

### SIDES

Cauliflower & Baton  
Carrots

Mashed Potato

### DESSERT

Fruit Muffin

## FRIDAY

### MAIN COURSES

Steak Burger &  
Tomato Ketchup

Or

Chicken Crumble

### SIDES

Sweetcorn & Salad

Or

Chipped Potato, Rice

### DESSERT

Flakemeal Biscuit &  
Fruit

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE  
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OF  
SPECIFIC INGREDIENTS