



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

W/C
27/11/23

MONDAY

MAIN COURSES

Homemade Beef
Mince Pie

or

Fish Goujon in Soft Shell
Taco with Tomato Salsa

SIDES

Mashed & Baby
Potatoes/Pasta Salad

and

Baton Carrots & Baked
Beans

DESSERT

Banana
Yogurt Pot

TUESDAY

MAIN COURSES

Classic
Margherita Pizza

or

Italian Chicken & Tomato
Pasta Bake & Garlic Bread

SIDES

Steamed Broccoli/
Coleslaw

and

Chipped Potato/Baked
Potato/Salad

DESSERT

Mandarin Orange Sponge
& Custard

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

or

Chicken Panini
& Coleslaw

SIDES

Garden Peas
& Sweetcorn

and

Oven Roasted Potato
Wedges/Rice

DESSERT

Strawberry Jelly, Ice
Cream & Fruit

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing
& Rich Gravy

or

Chicken
Casserole

SIDES

Carrot & Parsnip/Savoy
Cabbage

and

Mashed Potato/Oven
Roast Potato

DESSERT

Chocolate Sponge &
Custard

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

or

Cod Fishcake with Tomato
Ketchup

SIDES

Garden Peas/Spaghetti
Hoops/Salad

and

Chipped Potatoes/
Baked Potatoes

DESSERT

Fresh
Fruit Pot



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK TWO

W/C
04/12/23

MONDAY

MAIN COURSES

Sausage
Roll

or

Sweet & Sour
Chicken

SIDES

Baked Beans
and Garden Peas

and

Chipped
Potato/Rice/Salad

DESSERT

Ice Cream, Chocolate
Sauce & Sliced Pears

TUESDAY

MAIN COURSES

Mexican
Chilli

or

BBQ Chicken
Pizza

SIDES

Sweetcorn/Coleslaw

and

Oven Roasted Potato
Wedges/Rice/Salad

DESSERT

Mandarin Orange Sponge
& Custard

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

or

Baked Potato with Cheesy
Bean & Coleslaw

SIDES

Garden Peas
& Sweetcorn

and

Rice
Pasta Salad

DESSERT

Rice Pudding & fruit

THURSDAY

MAIN COURSES

Christmas
Dinner

FRIDAY

MAIN COURSES

Beef Burger with Tomato
Ketchup

or

Pepper Chicken
& Rice

SIDES

Sweetcorn/Salad

and

Chipped Potatoes/
Baked Potatoes

DESSERT

Flakemeal Biscuit
& Fruit



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK THREE

W/C
11/12/23

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

or

Mighty Mac 'n' Cheese
with Garlic Bread Slice

SIDES

Baked
Beans/Broccoli/Coleslaw

and

Chipped/Mashed
Potatoes/Rice Salad

DESSERT

Artic Roll with
Peaches & Pears

TUESDAY

MAIN COURSES

Beef Meatballs with Italian
Tomato & Basil Sauce

or

Pepperoni/Margherita
Pizza

SIDES

Garden Peas/Salad

and

Oven Baked Potato
Wedges/Penne Pasta

DESSERT

Fresh
Fruit Pot

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

or

Salt 'N' Chilli
Chicken Bites

SIDES

Mini
Corn on the Cob

and

Steamed Rice/Salad

DESSERT

Lemon Drizzle Cake
& Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing
& Rich Gravy

or

Savoury
Mince

SIDES

Carrot & Parsnip/
Cauliflower Cheese

and

Mashed Potato/Oven
Roast Potato

DESSERT

Fairy
Cake

FRIDAY

MAIN COURSES

Tasty Pork Sausages with
Tomato Ketchup or Gravy

or

Chicken Goujon Burger &
Coleslaw

SIDES

Sweetcorn &
Baked Beans

and

Chipped & Mashed
Potato/Salad

DESSERT

Melon
Wedge



EAT SMART WITH **THE LUNCH BUNCH**

ea catering
WEEK FOUR

W/C
18/12/23

MONDAY

MAIN COURSES

Beef Bolognaise with
Garlic Bread

or

Sweet Chilli Chicken
Panini & Coleslaw

SIDES

Baton Carrots/Salad

and

Oven Baked Potato
Wedges/Spaghetti

DESSERT

Melon, Mandarin &
Pineapple Pot

TUESDAY

MAIN COURSES

Ham & Cheese Pizza with
Garlic Dip

or

Tex-Mex Beef & Veg
Enchilada

SIDES

Mini Corn on the Cob/
Baked Beans/Coleslaw

and

Chipped Potato/Jacket
Potato/Pasta Salad

DESSERT

Jelly &
Mandarin Oranges

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

or

BBQ Chicken Wrap with
Crunchy Salad

SIDES

Green Beans
& Sweetcorn

and

Rice/Salad/Potato Salad

DESSERT

Cornflake Tart
& Custard



EAT SMART WITH **THE LUNCH BUNCH**

ea catering
WEEK ONE

W/C
01/01/24

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing
& Rich Gravy

or

Chicken
Casserole

SIDES

Carrot & Parsnip/Savoy
Cabbage

and

Mashed Potato/Oven
Roast Potato

DESSERT

Chocolate Sponge &
Custard

MAIN COURSES

Hot Dog with Tomato
Ketchup

or

Cod Fishcake with Tomato
Ketchup

SIDES

Garden Peas/Spaghetti
Hoops/Salad

and

Chipped Potatoes/
Baked Potatoes

DESSERT

Fresh
Fruit Pot