



# EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK FOUR

BALLYKEEL NURSERY

Week commencing:

20<sup>th</sup> January 2025

£2.50 per day

## MONDAY

### MAIN COURSES

Oven-Baked Fish Goujons

### SIDES

Steamed Garden Peas /  
Spaghetti Hoops

And

Chipped Potato /  
Baked Potato

### DESSERT

Chocolate & Raspberry  
Brownie

## TUESDAY

### MAIN COURSES

Oven Baked Chicken  
Goujons

### SIDES

Baton Carrots /  
Steamed Broccoli

And

Garlic & Herb Potato  
Wedges / Pasta Spirals

### DESSERT

Ice-cream, Jelly & Two Fruit

## WEDNESDAY

### MAIN COURSES

"Lunch Bunch" Chicken Curry  
& Naan Bread

### SIDES

Sweetcorn /  
Roasted Butternut Squash

And

Boiled Rice /  
Mashed Potato

### DESSERT

Chocolate & Pear Sponge  
with Custard

## THURSDAY

### MAIN COURSES

Roast Turkey  
Stuffing, Gravy

### SIDES

Fresh Seasonal Vegetables  
Steamed Carrot & Cauliflower

And

Mashed Potato /  
Oven Roast Potato

### DESSERT

Homemade Flapjack  
& Orange Wedges

## FRIDAY

### MAIN COURSES

Oven-Baked Chicken  
Nuggets

### SIDES

Baked Beans /  
Garden Peas

And

Chipped Potato /  
Baked Potato

### DESSERT

Choice of Fruit Yoghurt Pot