# **EAT SMART WITH**

ea catering

# WFFK THRFF

**BALLYKEEL NURSERY** week commencing: 13th January 2025 £2.50 per day

# **MAIN COURSES**

**Homemade Ham & Cheese** Pizza **Crusty Bread** 

### **SIDES**

Sweetcorn

And

**Roast Potato Wedges** 

### **DESSERT**

Vanilla Ice-Cream with Pear Slices & Hot **Chocolate Sauce** 

# **TUESDAY**

### **MAIN COURSES**

**Beef Bolognaise Garlic Bread** 

### **SIDES**

Cauliflower Cheese / Steamed Broccoli

And

**Penne Pasta** 

### **DESSERT**

**Apple Sponge with Custard Apple Slices** 

WEDNESDAY

"Lunch Bunch" **Chicken Curry** & Naan Bread

**MAIN COURSES** 

### **SIDES**

**Garden Peas / Roast Butternut Squash** 

And

**Boiled Rice** 

### **DESSERT**

**Frozen Smoothie** Watermelon

## **MAIN COURSES**

**THURSDAY** 

Roast Beef **Yorkshire Pudding & Gravy** 

Or

Salmon Fish Cake & Lemon Mayo

### **SIDES**

**Fresh Seasonal Vegatables** 

And Mash Potato / **Oven Roast Potato** 

**DESSERT** 

**Chocolate Cracknel & Custard** 

# **FRIDAY**

### **MAIN COURSES**

Hotdog & **Tomato Ketchup** 

> Or **Beef Burrito**

> > **SIDES**

Mini Corn on cob

And **Chipped Potatoes /** Pasta Salad

### **DESSERT**

Homemade Oatmeal Cookie & Fresh Fruit Pot