



# EAT SMART WITH

# THE LUNCH BUNCH

ea catering  
WEEK 1

Week commencing  
Aug 28, Sept 25, Oct 23,  
Nov 20, Dec 18, Jan 22

## MONDAY

### MAIN COURSES

Savoury  
Mince

### SIDES

Baton Carrot

Mashed Potatoes or  
Pasta

### DESSERT

Banana Yoghurt Pot

## TUESDAY

### MAIN COURSES

Classic Margherita Pizza

Or

Fish Goujon in Soft Shell  
Taco & Zingy Tomato  
Salsa

### SIDES

Salad/Coleslaw

Chipped Potatoes/  
Baked Potato

### DESSERT

Strawberry Mousse &  
Fruit

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

### SIDES

Garden Peas/Sweetcorn

Steamed Rice

### DESSERT

Chocolate Sponge &  
Custard

## THURSDAY

### MAIN COURSES

Roast of the Day

### SIDES

Carrots & Parsnip/Savoy  
Cabbage

Mashed Potatoes/Oven  
Roast Potato

### DESSERT

Strawberry Jelly, Ice  
Cream & Fruit

## FRIDAY

### MAIN COURSES

Hot Dog with Tomato  
Ketchup

### SIDES

Baked Beans/Salad

Chipped Potatoes/Baked  
Potato

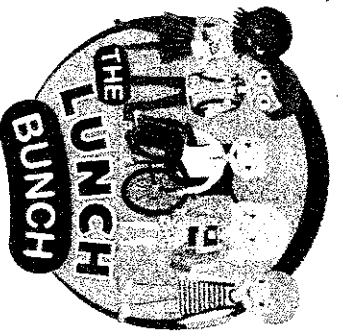
### DESSERT

Fresh Fruit Pot &  
Biscuit

MILK MAHER CAREER ADVICE  
PERSONNEL & MANAGEMENT

QUANTILES CONSULTING  
FOR BUSINESS & FINANCE

PROFESSIONAL TRAINING INFORMATION AND RESEARCH  
SPECIALISTS TO CONTACT YOUR SCHOOL



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**WEEK 2**

WEEK COMMENCING:  
 SEP 04, OCT 02, OCT 30,  
 NOV 27, JAN 01, JAN 29

**MONDAY**

MAIN COURSES

Sausage Roll

SIDES

Spaghetti Hoops &  
Garden Peas

Chipped  
Potatoes/Jacket  
Potato

DESSERT

Ice Cream, Chocolate  
Sauce and Sliced  
Pears

**TUESDAY**

MAIN COURSES

Pasta Bolognese with  
Garlic Bread

SIDES

Sweetcorn

Zesty Orange Sponge  
& Custard

DESSERT

**WEDNESDAY**

MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

SIDES

Garden Peas

Rice

Fresh Fruit Salad and  
Yoghurt

DESSERT

**THURSDAY**

MAIN COURSES

Roast of the Day with  
Stuffing & Gravy

SIDES

Cauliflower/Broccoli/  
Carrots

Mashed Potatoes/Oven  
Roasted Potato

Blueberry Muffin

DESSERT

**FRIDAY**

MAIN COURSES

Beef Burger in a Bap  
with Tomato Ketchup

SIDES

Tossed Salad

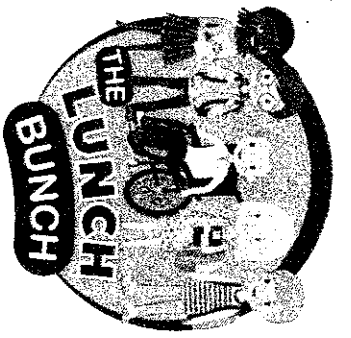
Chipped  
Potatoes/Homemade  
Chilli Wedges

Flakemeal Biscuit &  
Fruit

DESSERT

ALL OUR EVENTS ARE HELD AT THE BUNBUNCH RESTAURANT, 100-100 WILSON ROAD, SINGAPORE 115934. FOR MORE INFORMATION, PLEASE CONTACT US AT 6342 2222.





# EAT SMART WITH

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WEEK 4

WEEK COMMENCING:  
SEP 18, OCT 16, NOV 13,  
DEC 11, JAN 15, FEB 12

## MONDAY

### MAIN COURSES

- Beef Bolognese with Spaghetti or Pasta
- Twists & Garlic Bread

### SIDES

- Peas

### DESSERT

- Melon, Mandarin & Pineapple Pots with Yoghurt Dip

## TUESDAY

### MAIN COURSES

- Ham & Cheese Pizza or Pepperoni with Garlic Dip

### SIDES

- Sweetcorn and Red Pepper/Coleslaw

- Chipped Potatoes/Baked Potato

### DESSERT

- Jelly & Mandarin Oranges

## WEDNESDAY

### MAIN COURSES

- Lunch Bunch Chicken Curry & Naan Bread

### SIDES

- Green Beans
- Steamed Rice

### DESSERT

- Cornflake Tart & Custard

## THURSDAY

### MAIN COURSES

- Roast of the Day

### SIDES

- Broccoli/Turnip
- Mashed Potatoes/Oven Roast Potato

### DESSERT

- Ice Cream, Pears & Chocolate Sauce

## FRIDAY

### MAIN COURSES

- Golden Crumb Fish Fingers

### SIDES

- Salad/Baked Beans
- Chipped Potatoes/Mashed Potatoes

### DESSERT

- Homemade Ginger Biscuit and Fruit

MILK, WATER, BREAKFAST AND MIDDAY COFFEE AVAILABLE  
 MENTHA, SODA, COFFEE, JUICE, SODA, MILK, WATER, BREAKFAST AND MIDDAY COFFEE AVAILABLE  
 IF YOU REQUIRE ANY ADJUSTMENTS IN COMPOSITION OR INGREDIENTS OF FOOD, PLEASE CONTACT YOUR SCHOOL