

eats.

Week 1

Week One commencing:

6th September, 20th September, 4th October, 18th October,
8th November, 22nd November, 6th December, 3rd January
2022, 17th January 2022, 31st January 2022, 14th February
2022, 7th March 2022, 21st March 2022, 4th April 2022.

Monday

Southern Style Quorn Burger
with Savoury Rice
or
Cauliflower & Broccoli Bake with a
Herb & Homemade Bread
Coleslaw / Peas
Apple Flapjack & Custard



Wednesday

Roast Beef with
Roast Potatoes,
Yorkshire Pudding & Gravy
or
Yorkshire Pudding & Gravy,
Quorn Fillet with Roast Potatoes,
Yorkshire Pudding & Gravy
Carrots / Cauliflower
Frosted Strawberry
Cupcake



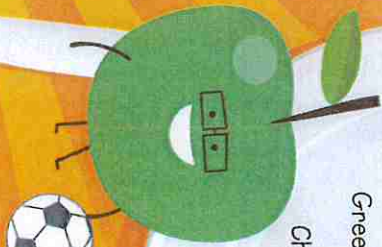
Thursday

Saffolk Sausages or Vegan
Cumberland Sausage &
Mash with Gravy
or
Vegetable Curry with Rice & Naan
Peas / Carrots
Mixed Fruit Smoothie &
Shortbread Biscuit



Tuesday

Light Chicken Curry with
Rice and Naan Bread
or
Gnocchi in a Creamy Tomato Sauce
with Garlic Bread
Green Beans / Sweetcorn
Chocolate Brownie



Friday

Chicken Goujon or
Salmon Fishcake & Chips
or
Vegan Fishless Finger Wrap &
Chips
Baked Beans / Carrot Sticks
Teed Sponge Cake



Available every day -

Homemade fresh (Wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, strawberry or orange jelly. Some dishes may vary due to individual school preferences, politics and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see schools website for details
For information on allergens & intolerances visit www.eats-catering.co.uk

eats!

Week 2

Week Two commencing:

13th September, 27th September, 11th October,
1st November, 15th November, 29th November, 13th December,
10th January 2022, 24th January 2022, 7th February 2022,
28th February 2022, 14th March 2022, 28th March 2022.

Monday

Fresh Mediterranean
Vegetable Ravioli with
Garlic Pizza Slice
or
Falafel Wrap with Mexican Rice
Sweetcorn / Peas
Syrup Sponge & Custard

Tuesday

Beef Burger in a Loaded Bun
with Potato Wedges
or
Five Bean Chili & Nachos
Rainbow Coleslaw / Salad
Chocolate Fridge Cake Slice &
Juice Carton

Wednesday

Roast Chicken with Stuffing,
Roast Potatoes,
Yorkshire Pudding, & Gravy
or
Vegan Cumberland Sausage with
Stuffing, Yorkshire Pudding, Roast
Potatoes & Gravy
Carrots / Savoy Cabbage
Fruit Crumble with
Ice Cream

Thursday

Margherita or Ham &
Tomato Pizza
or
Vegetable Meatballs in a
Tomato Sauce with Pasta
Medley of Crudités
Lemon & Raspberry
Muffin

Friday

Fish Fillet on Fish Fingers
with Chips
or
Vegan Muggets with Chips
Baked Beans / Peas
Marble Crunch &
Chocolate Sauce

Available every day -
Homemade fresh (wholegrain) bread, a selection of at least three
different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured
yogurt, strawberry or orange jelly. Some dishes may vary due to individual
school preferences, policies and cultural consideration - a number of sites
also offer additional options of a jacket potato with choice of fillings & or packed
lunch - see schools website for details
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