

eats.

Week 1

Week One commencing:

16th April 2018, 7th May, 4th June
25th June, 16th July, 10th September
1st October 2018

Monday

Baked Suffolk Sausages,
Mash & Gravy
or
Vegetarian Toad-in-the-Hole,
Mash & Gravy

Seasonal Vegetables
Fresh Salad Bar

Apple Flapjack
or
Fresh Fruit Salad

Reduced
SUGAR

Tuesday

Salmon Goujons with
Herb Diced Potatoes
or
Macaroni Cheese with Garlic Slice

Seasonal Vegetables
Fresh Salad Bar

Fruit Cheesecake
or
Fresh Fruit Salad

NEW

Reduced
SUGAR

Thursday

Roast Loin of Suffolk Pork,
Stuffing, Roast Potatoes & Gravy
or
Roast Quorn Fillet with Stuffing, Roast Potatoes
& Gravy

Seasonal Vegetables
Fresh Salad Bar

Oaty Fruit Crunch & Custard
or
Fresh Fruit Salad

Reduced
SUGAR

Wednesday

Beef Wrap (Burrito) with
Potato Wedges
or
Vegetable & Rice Wrap (Burrito) with Potato
Wedges

Seasonal Vegetables
Fresh Salad Bar

Melting Chocolate Pudding
or
Fresh Fruit Salad

Friday

Baked Fish Fingers with Chips
or
Cheese & Tomato Quiche with Chips

Seasonal Vegetables
Baked Beans
Fresh Salad Bar

Frozen Yogurt
or
Fresh Fruit Salad

Reduced
SUGAR

Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real 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
For information on allergens & intolerances visit www.eats-catering.co.uk

eats.

Week 2

Week Two commencing:

23rd April, 14th May, 11th June
2nd July, 23rd July, 17th September
8th October 2018

Monday

Pork & Apple Burger in a Bun
with Wedges
or
Crunchy Quorn Burger in a Bun
with Wedges

Seasonal Vegetables
Fresh Salad Bar

Iced Carrot Cake
or
Fresh Fruit Salad

Reduced
SUGAR

Tuesday

Pasta Bolognese with
Italian Tomato Bread
or
Loaded Potato Skins
with Tomato & Cheese

Seasonal Vegetables
Fresh Salad Bar

Banoffee Waffle & Vanilla Ice Cream
or
Fresh Fruit Salad

Thursday

Roast Chicken, Stuffing,
Roast Potatoes & Gravy
or
Cauliflower & Broccoli Bake with Roast Potatoes

Seasonal Vegetables
Fresh Salad Bar

Apple Crumble with Custard
or
Fresh Fruit Salad

Reduced
SUGAR

Wednesday

Hawaiian Pizza with Salad
or
Margherita Pizza with Salad

Seasonal Vegetables
Fresh Salad Bar

Watermelon Wedge & Fruit Yogurt
or
Fresh Fruit Salad

NEW

Reduced
SUGAR

Friday

Baked Fish Fingers with Chips
or
Vegetarian Frankfurter Hot Dog
with Chips

Seasonal Vegetables
Baked Beans
Fresh Salad Bar

Jammie Doughnut Muffin
or
Fresh Fruit Salad

NEW

Reduced
SUGAR

Available every day –

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real 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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Week 3

Week Three commencing:

30th April, 21st May, 18th June, 4th July
3rd September, 24th September,
15th October 2018

Monday

Chicken & Sweetcorn Pizza
or
Crunchy Vegetable Fingers with New Potatoes

Seasonal Vegetables
Fresh Salad Bar

Apple Sponge Cake
or
Fresh Fruit Salad

Reduced
SUGAR

NEW

Tuesday

Pork Meatballs, Tomato Pasta &
Garlic Slice
or
Vegetable Lasagne & Garlic Slice

Seasonal Vegetables
Fresh Salad Bar

Strawberry Mousse & Biscuit
or
Fresh Fruit Salad

Reduced
SUGAR

Thursday

Roast Beef, Yorkshire Pudding
with Roast Potatoes & Gravy
or
Spring Vegetable Bake with
Roast Potatoes

Seasonal Vegetables
Fresh Salad Bar

Shortbread & Custard
or
Fresh Fruit Salad

Reduced
SUGAR

Wednesday

Grilled Chicken Burger in a Bun
with Potato Wedges
or
Cheese & Potato Pie

Seasonal Vegetables
Fresh Salad Bar

Orange & Lemon Rice Krispie Bar
or
Fresh Fruit Salad

Reduced
SUGAR

NEW

Friday

Baked Fish Fingers with Chips
or
Cheese & Tomato Pizza

Seasonal Vegetables
Baked Beans
Fresh Salad Bar

Raspberry Ripple Ice Cream Pot & Chocolate
Oat Cookie
or
Fresh Fruit Salad

Reduced
SUGAR

Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real 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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