

eats.

Week 1

Week One commencing:

28th October, 11th November, 25th November,
4th December, 6th January 2020, 20th January 2020
3rd February 2020, 24th February 2020,
4th March 2020, 23rd March 2020

Monday

Option 1
Pork & Apple Burger in a Bun

Option 2
Veggie Burger in a Bun
Diced Potatoes
Mixed Salad
Sweetcorn
Cinnamon Swirl Sponge

Tuesday

Option 1
Roast Chicken with
Stuffing & Gravy

Option 2
Quorn Wellington & Gravy
Roast Potatoes
Carrots
Green Beans
Fruity Flapjack

Thursday

Option 1
Roast Pork with Stuffing & Gravy

Option 2
Vegetarian Toad in the Hole
Roast Potatoes
Broccoli
Carrots

Fruity Thursday –
A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

Friday

Option 1
Baked Fish Fingers

Option 2
Cheese & Tomato Pizza
Chips
Baked Beans & Garden Peas
Raspberry Ripple
Ice Cream Tub

Wednesday

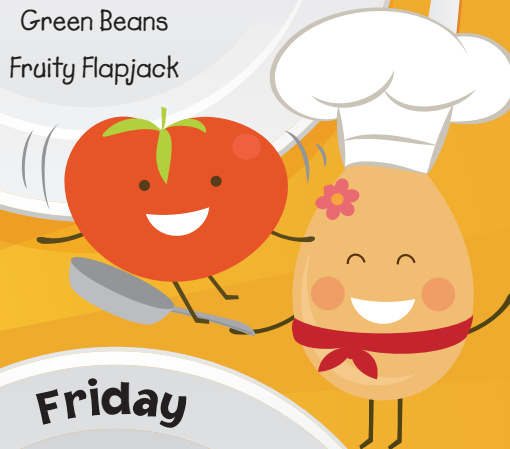
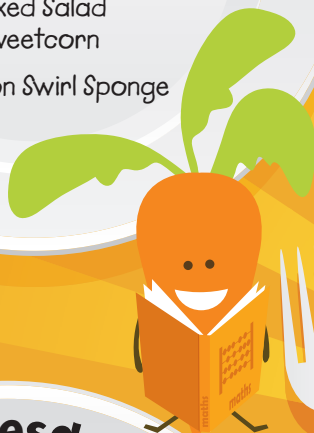
Option 1
Meatball Pitta Pocket

Option 2
Quorn & Vegetable Pitta Pocket
Baked Potato Wedges
Mixed Vegetables
Chocolate Shortbread &
Vanilla 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

For information on allergens & intolerances visit www.eats-catering.co.uk



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Week 2

Week Two commencing:

4th November, 18th November, 2nd December,
16th December, 13th January 2020, 27th January 2020
10th February 2020, 2nd March 2020,
16th March 2020, 30th March 2020

Monday

Option 1
Cheese & Tomato Pizza

Option 2
Pasta Spirals in Tomato Sauce with
Garlic Bread

Baked Potato Wedges
Mixed Salad
Sweetcorn

Oat Cookie &
Fresh Fruit Wedge

Tuesday

Option 1
Roast Chicken with Stuffing
& Gravy

Option 2
Roast Quorn with Stuffing
& Gravy

Roast Potatoes
Carrots
Broccoli

Fruit Filled Chelsea Bun

Thursday

Option 1
Roast Beef with Yorkshire
Pudding & Gravy

Option 2
Vegetarian Sausage with Yorkshire
Pudding & Gravy

Roast Potatoes
Green Beans
Carrots

Fruity Thursday -
A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

Friday

Option 1
Baked Fish Fingers

Option 2
Vegan Nuggets

Chips
Baked Beans & Garden Peas
Blueberry Muffin

Wednesday

Option 1
Baked Sausages

Option 2
Salmon & Sweet Potato Fishcake

Diced Potatoes
Mixed Vegetables

Chocolate Sponge with
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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