

eats.

AUTUMN/WINTER 24/25

4th November,
25th November,
16th December,
20th January, 10th February
10th March, 31st March

Menu



WEEK 1

Allergen key:

May Contain in ()



Peanuts P

Nuts N

Crustaceans (Shellfish) CR

Molluscs (Shellfish) MO

Fish F

Eggs E

Milk MI

Cereals containing Gluten G

Soya S

Sesame seeds SS

Celery CE

Mustard MU

Lupin L

Sulphur Dioxide SD

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION 1
Main Dish

Margherita Pizza,
Potato Wedges,
Seasonal Vegetables
G,MI,S;(E)

Beef Burger in a Bun
with Herby Diced
Potatoes, Seasonal
Vegetables G;(SS)

Roast Chicken, Crispy
Roast Potatoes, Seasonal
Vegetables, Yorkshire
Pudding, Gravy G,MI,E

Sausage & Mash,
Seasonal Vegetables,
Gravy G;SD;MI

Battered Fish & Chips
with Beans or Peas G;F;

OPTION 2
Alternative Dish

Vegetable Pizza,
Potato Wedges,
Seasonal Vegetables

Quorn Burger with
Herby Diced Potatoes,
Seasonal Vegetables
G;(SS);E;MI

Roast Quorn, Crispy
Roast Potatoes, Seasonal
Vegetables, Yorkshire
Pudding, Gravy G,MI,E

Vegan Sausage & Mash,
Seasonal Vegetables,
Gravy S;MI

Vegetable Goujons &
Chips with Beans or
Peas

OPTION 3
Baked Potato

Baked Potato with
Grated Cheese MI;
or Baked Beans
& Salad

Baked Potato with
Grated Cheese MI;
or Baked Beans
& Salad

Baked Potato with
Grated Cheese MI;
or Baked Beans
or Tuna Mayo E;F &
Salad

Baked Potato with
Grated Cheese MI;
or Baked Beans
& Salad

Baked Potato with
Grated Cheese MI;
or Baked Beans
& Salad

OPTION 4
Packed Lunch

Cheese Wrap MI;G or
Ham Wrap G;
Nachos (S)
Carrot Sticks & Apple
Wedge
Frube Yoghurt MI;

Cheese Roll MI;G;(SS) or
Ham Roll G;(SS)
Popcorn
Cucumber Sticks &
Satsuma
Shortbread Biscuit G;

Cheese Wrap MI;G or
Ham Wrap G; or Tuna
Wrap E;F;G
Nachos (S)
Carrot Sticks & Apple
Wedge
Flapjack G;

Cheese Roll MI;G;(SS) or
Ham Roll G;(SS)
Popcorn
Cucumber Sticks &
Satsuma
Vanilla Crunch G;E

Cheese Wrap MI;G;(SS)
or Ham Wrap G;(SS)
Nachos (S)
Carrot Sticks & Apple
Wedge
Cupcake G;E

DESSERT

Mousse MI; or Fresh
Fruit or Jelly

Steamed Sponge
Pudding & Custard
G;E;MI; or Fresh Fruit or
Jelly

Flapjack G; or Fresh
Fruit or Jelly

Vanilla Crunch G;E; or
Fresh Fruit or Jelly

Cupcake G;E; or Fresh
Fruit or Jelly

Please Refer to Separate Menu for Gluten Free, Dairy Free and Vegan Options.
Salad Options Available Daily.



eats.

AUTUMN/WINTER 24/25

11th November,
2nd December, 6th January,
27th January, 24th February
17th March

Menu



WEEK 2

Allergen key:

May Contain in ()



Peanuts P

Nuts N

Crustaceans (Shellfish) CR

Molluscs (Shellfish) MO

Fish F

Eggs E

Milk MI

Cereals containing Gluten G

Soya S

Sesame seeds SS

Celery CE

Mustard MU

Lupin L

Sulphur Dioxide SP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION 1
Main Dish

Margherita Pizza, Potato Wedges, Seasonal Vegetables G;MI;S;(E)

Smokey Jo Chicken, Rice, Seasonal Vegetables

Roast Pork, Crispy Roast Potatoes, Seasonal Vegetables, Yorkshire Pudding, Gravy G;MI;E

Cottage Pie, Seasonal Vegetables MI;

Fish Fingers & Chips with Baked Beans or Peas G;F;

OPTION 2
Alternative Dish

Vegetable Pizza, Potato Wedges, Seasonal Vegetables

BBQ Quorn, Rice, Seasonal Vegetables

Roast Quorn, Crispy Roast Potatoes, Seasonal Vegetables, Yorkshire Pudding, Gravy G;MI;E

Vegetable Frittata, Seasonal Vegetables E;

Vegetable Spring Roll & Chips with Baked Beans or Peas G;S;SS

OPTION 3
Baked Potato

Baked Potato with Grated Cheese MI; or Baked Beans & Salad

Baked Potato with Grated Cheese MI; or Baked Beans & Salad

Baked Potato with Grated Cheese MI; or Baked Beans or Tuna Mayo E;F & Salad

Baked Potato with Grated Cheese MI; or Baked Beans & Salad

Baked Potato with Grated Cheese MI; or Baked Beans & Salad

OPTION 4
Packed Lunch

Cheese Wrap G;MI; or Ham Wrap G; Nachos (S) Carrot Sticks & Apple Wedge Jelly

Cheese Roll G;MI;(SS) or Ham Roll G;(SS) Popcorn Cucumber Sticks & Satsuma Fruite Yoghurt MI;

Cheese Wrap G;MI; or Ham Wrap G; or Tuna Wrap G;E;F Nachos (S) Carrot Sticks & Apple Wedge Marble Crunch G;E

Cheese Roll G;MI;(SS) or Ham Roll G;(SS) Popcorn Cucumber Sticks & Satsuma Shortbread Biscuit G;

Cheese Wrap G;MI; or Ham Wrap G; Nachos (S) Carrot Sticks & Apple Wedge Iced Sponge G;E;

DESSERT

Jelly or Fresh Fruit

Oaty Fruit Crunch & Custard G;MI; or Fresh Fruit or Jelly

Marble Crunch G;E; or Fresh Fruit or Jelly

Shortbread Biscuit G; or Fresh Fruit or Jelly

Iced Sponge G;E; or Fresh Fruit or Jelly

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Salad Options Available Daily.



eats.

AUTUMN/WINTER 24/25

18th November,
9th December, 13th January,
3rd February, 3rd March,
24th March

Menu



WEEK 3

Allergen key:

May Contain in ()



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION 1
Main Dish

Macaroni Cheese,
Seasonal Vegetables
G,MI;

Breakfast Brunch
G,SD,E;

Roast Beef, Crispy Roast
Potatoes, Seasonal
Vegetables, Yorkshire
Pudding, Gravy G,E,MI

Chicken Pie, Mash
Potato, Seasonal
Vegetables, Gravy
G,MI,E

Chicken Dippers &
Chips, Beans or Peas
G,CE;

OPTION 2
Alternative Dish

Vegetable Pasta
Bolognese, Seasonal
Vegetables G;

Vegan Breakfast Brunch
G,CE

Roast Quorn, Crispy
Roast Potatoes, Seasonal
Vegetables, Gravy
G,E,MI

Vegetable Lasagne,
Seasonal Vegetables
G,MI

Quorn Dippers & Chips
Beans or Peas G;

OPTION 3
Baked Potato

Baked Potato with
Grated Cheese MI;
or Baked Beans
& Salad

Baked Potato with
Grated Cheese MI;
or Baked Beans
& Salad

Baked Potato with
Grated Cheese MI;
or Baked Beans or
Tuna Mayo E,F & Salad

Baked Potato with
Grated Cheese MI;
or Baked Beans
& Salad

Baked Potato with
Grated Cheese MI;
or Baked Beans
& Salad

OPTION 4
Packed Lunch

Cheese Wrap G, MI; or
Ham Wrap G;
Nachos (S)
Carrot Sticks & Apple
Wedge
Frube Yoghurt MI;

Cheese Roll G,MI;(SS) or
Ham Roll G;(SS)
Popcorn
Cucumber Sticks &
Satsuma
Chocolate Nest G;

Cheese Wrap G,MI; or
Ham Wrap G; or Tuna
Wrap G,E,F
Nachos (S)
Carrot Sticks & Apple
Wedge
Lemon Cookie G;

Cheese Roll G,MI;(SS) or
Ham Roll G;(SS)
Popcorn
Cucumber Sticks &
Satsuma
Flapjack G;

Cheese Wrap G,MI; or
Ham Wrap G;
Nachos (S)
Carrot Sticks & Apple
Wedge
Shortbread Biscuit G;

DESSERT

Mousse MI; or Fresh
Fruit or Jelly

Chocolate Nest G; or
Fresh Fruit or Jelly

Lemon Cookie G; or
Fresh Fruit or Jelly

Flapjack G; or Fresh
Fruit or Jelly

Jam Tart G; or Fresh
Fruit or Jelly

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Salad Options Available Daily.

