

eats.

AUTUMN/WINTER 23/24

18th September, 9th October
6th November, 27th November,
18th December, 15th January,
5th February, 4th March,
25th 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

Margherita Pizza, Potato Wedges & Baked Beans
MI; G; S; (E)

Sausage & Mashed Potato, with Peas & Sweetcorn
G; SD; MI

Roast Chicken, Roast Potatoes, Yorkshire Pudding, Seasonal Vegetables & Gravy
C; E; MI

Beef Meatballs with Italian Tomato Sauce, Penne Pasta & Garlic Bread
G; (S)

Battered Fish Fillet with Chips and Peas or Baked Beans
G; F

OPTION 2

Vegetable Supreme Pizza, Potato Wedges & Baked Beans
MI; G; S; (E)

Veggie Sausage & Mashed Potato with Peas & Sweetcorn
CE; G; MI

Roast Quorn, Roast Potatoes, Yorkshire Pudding, Seasonal Vegetables & Gravy
G

Tomato & Herb Penne Pasta with Garlic Bread
G; (S)

Vegetable Goujons with Chips, Peas or Baked Beans

OPTION 3

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; 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

Cheese Wrap G; MI
Ham Wrap G

Cheese Roll G; MI
Ham Roll G

Cheese Wrap G; MI
Ham Wrap G
Tuna Mayo Wrap G; E; F

Cheese Roll G; MI
Ham Roll G

Cheese Wrap G; MI
Ham Wrap G

Nachos
Carrot Sticks
Apple
Chocolate Crunch G; E

Popcorn,
Cucumber Sticks,
Orange Wedges
Flapjack G; E

Nachos
Carrot Sticks
Watermelon Wedge
Shortbread Biscuit G

Popcorn
Cucumber Sticks
Honeydew Melon
Victoria Sponge Cake G; E; MI

Nachos
Carrot Sticks
Apple
Frube Yoghurt MI

DESSERT

Chocolate Crunch
G; E

Flapjack with Fruit Wedge
G

Apple Crumble & Custard
G; MI

Victoria Sponge Tray Bake
G; E; MI

Fresh Fruit Selection

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

Available everyday: Salad Options Available Daily.

eats.

AUTUMN/WINTER 23/24

25th September, 16th October,
13th November, 4th December,
2nd January, 22nd January,
12th February, 11th 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 (SD)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION 1

Margherita Pizza, Potato Wedges & Baked Beans
MI;G;S (E)

Pork & Apple Burger with Wedges & Garden Peas
G; SD; S; (SS)

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

Beef Bolognese with Penne Pasta & Garlic Bread
CE; G; (S)

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

OPTION 2

Vegetable Supreme Pizza, Potato Wedges & Baked Beans
MI;G;S (E)

Vegetable Bean Burger, with Wedges & Garden Peas
G; S; (SS)

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

Tomato Pasta
Garlic Bread
G; MI; (S)

Southern Style Quorn Nuggets with Chips, Peas or Baked Beans
G

OPTION 3

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; 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

Cheese Wrap G; MI
Ham Wrap G

Cheese Roll G; MI
Ham Roll G

Cheese Wrap G; MI
Ham Wrap G
Tuna Mayo Wrap G; E; F

Cheese Roll G; MI
Ham Roll G

Cheese Wrap G; MI
Ham Wrap G

Nachos
Carrot Sticks
Apple
Chocolate Cornflake Nest G

Popcorn
Cucumber Sticks
Orange Wedges
Shortbread Biscuit G

Nachos
Carrot Sticks
Watermelon Wedge
Frube Yoghurt MI

Popcorn
Cucumber Sticks
Honeydew Melon
Lemon Drizzle Cake G; E

Nachos
Carrot Sticks
Apple
Frube Yoghurt MI

DESSERT

Chocolate Cornflake Nest
G

Shortbread Biscuit & Fruit Wedge G

Fresh Fruit Selection

Lemon Drizzle Sponge Cake
G; E

Ice Cream Sundae
MI

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

Available everyday: Salad Options Available Daily.

WEEK **3**

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

Margherita Pizza, Potato Wedges & Baked Beans
MI;G;S (E)

Sausage Roll, Mashed Potatoes & Baked Beans
G; MI; S; SD

Roast Pork, Roast Potatoes, Stuffing, Seasonal Vegetables & Gravy
G

Beef Lasagne with Garlic Bread & Salad
G; E; MI; (S)

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

OPTION 2

Vegetable Supreme Pizza, Potato Wedges & Baked Beans
MI;G;S (E)

Vegan Sausage Roll, Mashed Potatoes & Baked Beans
G; MI; S; SD

Roast Quorn, Roast Potatoes, Stuffing, Seasonal Vegetables & Gravy
G

Vegetable Pasta Bake with Garlic Bread & Salad
G; MI; (S)

Vegetable Goujons with Chips & Peas or Baked Beans

OPTION 3

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; 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

Cheese Wrap G; MI
Ham Wrap G

Cheese Roll G; MI
Ham Roll G

Cheese Wrap G; MI
Ham Wrap G
Tuna Wrap G; E; F

Cheese Roll G; MI
Ham Roll G

Cheese Wrap G; MI
Ham Wrap G

Nachos
Carrot Sticks
Apple
Vanilla Crunch G; E

Popcorn
Cucumber Sticks
Orange Wedges
Iced Sponge G; E

Nachos
Carrot Sticks
Watermelon Wedge
Shortbread Biscuit G

Popcorn
Cucumber Sticks
Honeydew Melon
Oaty Cookie G

Nachos
Carrot Sticks
Apple
Frube Yoghurt MI

DESSERT

Vanilla Crunch
G; E

Iced Sponge
G; E

Chocolate Pudding & Sauce
G; E; MI

Oaty Cookie & Fruit Wedge
G; (MI)

Fresh Fruit Selection

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

Available everyday: Salad Options Available Daily.