

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

Coleslaw / peas

Apple Flapjack & Custard

Thursday

Suffolk Sausages or Vegan
Cumberland Sausage &
Mash with Gravy

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
& Chips
or
Vegan Fishless Finger Wrap &
Chips

Baked Beans / Carrot Sticks

Iced Sponge Cake

Wednesday

Roast Beef with
Roast Potatoes,
Yorkshire Pudding & Gravy
or
Quorn Fillet with Roast Potatoes,
Yorkshire Pudding & Gravy

Carrots / Cauliflower

Frosted Strawberry
Cupcake

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:

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

Sweetcorn / Peas

Syrup Sponge & Custard

Tuesday

Beef Burger in a Loaded Bun
with Potato Wedges
or
Five Bean Chilli & Nachos

Rainbow Coleslaw / Salad

Chocolate Fridge Cake Slice &
Juice Carton

Thursday

Margherita
Tomato Pizza
or
Vegetable Meatballs in a
Tomato Sauce with Pasta

Medley of Crudites

Lemon & Raspberry
Muffin

Friday

Fish Fillet
with Chips
or
Vegan Nuggets with Chips

Baked Beans / Peas

Marble Crunch &
Chocolate Sauce

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

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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Packed Lunch Menu

Monday Cheese & Cucumber Roll or Ham & Lettuce Roll

Tortilla Chips & Tomato Salsa Dip

Flapjack

Strawberry Mousse

Piece of Fresh Fruit

Tuesday Cheese & Tomato Pizza Whirl

Carrot & Cucumber Batons with Mayo Dip

Chocolate Brownie

Jelly Pot

Piece of Fresh Fruit

Wednesday Chicken Mayo & Lettuce Wrap or Vegetable Finger

Lettuce Wrap

Tortilla Chips & Tomato Salsa Dip

Apple Juice Cuplet

Strawberry Cupcake

Piece of Fresh Fruit

Thursday Tuna & Sweetcorn (Mayo) Pasta Pot or Cheese & Tomato

Pasta Pot

Carrot, Cucumber & Pepper Batons

Shortbread Biscuit

Jelly Pot

Fresh piece of Fruit

Friday B.L.T (Bacon, Lettuce & Tomato) Roll or BBQ Quorn Sausage
& Lettuce Roll

Tortilla Chips & Mayo Dip

Iced Sponge Cake

Yoghurt Pot

Fresh Piece of Fruit

