

eats.

Week 1

Week One commencing:

29th October, 19th November, 10th December,
7th January 2019, 28th January 2019,
25th February 2019, 18th March 2019

Monday

Sweet Potato & Salmon Fishcake
or
Cheese & Tomato Pizza Whirl



Herb Diced Potatoes
Cauliflower & Carrots

Raspberry Apple Cake

Low
SUGAR



Tuesday

Beef Lasagne & Garlic Bread
or
Vegetable Crumble & Garlic Bread

Peas & Carrots

Macaroon Tart

NEW



NEW



Thursday

Roast Loin of Pork, Stuffing & Gravy
or
Vegetarian Toad-in-the-Hole & Gravy

Roast Potatoes
Carrots & Cabbage

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

Low
SUGAR

NEW



Wednesday

Chicken Meatballs with Tomato Sauce
& Steamed Rice or Pasta
or

Carrot & Leek Cheese Slice

Broccoli & Sweetcorn

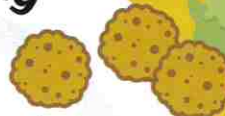
Apricot Layer Shortbread

NEW

NEW

Low
SUGAR

NEW



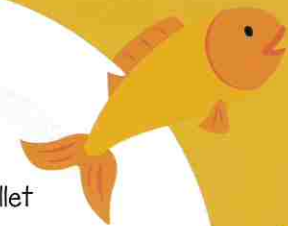
Friday

Crispy Baked Fish fillet
or
Vegan Chicken Style Nuggets

Oven Baked Chips
Baked Beans & Garden Peas

Vanilla & Chocolate Crunch

NEW



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

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Week 2

Week Two commencing:

5th November, 26th November, 17th December,
14th January 2014, 4th February 2014,
4th March 2014, 25th March 2014

Monday

Italian Tomato Pasta
with Cheesy Garlic Slice
or
Mac n' Cheese with Wholemeal Bread

Sweetcorn & Broccoli

Eve's Pudding with Custard

NEW

Tuesday

Lamb & Potato Bake
or
Cauliflower & Sweet Potato Bake

Carrots & Peas

Strawberry Whip with a
Mini Shortbread Biscuit

NEW

Wednesday

Beef & Tomato Grill in a Homemade Bun
with Jacket Wedges
or
Vegetable Enchilada with Steamed Rice

Mixed Vegetables

Jam Roly Poly & Custard

**Low
SUGAR**

Thursday

Roast Chicken, Stuffing & Gravy
or
Vegetarian Sausage 'Under Wraps'
& Gravy

Roast Potatoes
Carrots & Cabbage

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

NEW

**Low
SUGAR**

Friday

Crispy Baked Fish Fillet
or
Crunchy Vegetable Fingers

Oven Baked Chips
Baked Beans & Garden Peas

Chocolate Brownie

**Low
SUGAR**

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Week 3

Week Three commencing:

12th November, 3rd December, 31st December,
21st January 2014, 11th February 2014,
11th March 2014, 1st April 2014

Monday

NEW

Crunchy Quorn Burger
with Herb Diced Potatoes
or
Loaded Jacket Potato with Tomato,
Baked Beans & Cheddar Cheese

Peas & Sweetcorn

Cocoa & Vanilla Marble Sponge

Tuesday

Local Pork Sausages,
Mashed Potato & Gravy
or
Cheesy Lentil & Parsnip Bake

NEW

Carrots & Green Beans

Apple & Blackberry Crumble
with Custard

Wednesday

NEW

Mild Chicken Tikka with Steamed Rice
& Naan Bread
or
Vegetable Lasagne

Broccoli & Sweetcorn

Carrot, Orange & Banana Cake
with Custard

Thursday

Roast Beef, Yorkshire Pudding & Gravy
or
Vegetarian Shepherd's Pie

Roast Potatoes
Carrots & Cabbage

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

**Low
SUGAR**

NEW

Friday

Baked Fish Fingers
or
Quorn Hot Dog

Oven Baked Chips
Baked Beans & Garden Peas

Chocolate Coconut Tart

**Low
SUGAR**

NEW

Available every day –

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