

eats.

Week 1

Week One commencing:

22nd April, 13th May, 10th June,
1st July, 22nd July,
16th September, 7th October

Monday

Margherita Pizza
or
Pasta Spirals in Tomato Sauce
with Garlic Bread

Side Salad or
Peas & Sweetcorn

100% Fruit Ice Lolly

Low
SUGAR

Tuesday

Pork & Apple Burger in a Bun
or
Southern Style Quorn Burger in a Bun

Baked Potato Wedges
Mixed Vegetables

Oat Cookie & Fresh Fruit Wedge

Low
SUGAR

Thursday

Roast Loin of Pork with
Stuffing & Gravy
or
Cheese & Potato Pie

Roast Potatoes
Cabbage & Carrots

Raspberry Apple Cake & Custard

Wednesday

Chicken & Gravy Pie with
Diced Potatoes
or
Vegetarian Bolognese & Pasta

Peas & Carrots

Chocolate Brownie
& Vanilla Ice Cream

NEW

NEW

Friday

Crispy Baked Fish fillet
or
Vegetarian Hotdog Roll

Chips
Baked Beans & Garden Peas

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

Low
SUGAR

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 school's website for details

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

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Week 2

Week Two commencing:

24th April, 20th May, 17th June,
8th July, 2nd September,
23rd September, 14th October

Monday

Macaroni Cheese
or
Vegetarian Toad-in-the-Hole & Gravy

Herb Diced Potatoes
Peas & Sweetcorn

Lemon Drizzle Sponge

Tuesday

Chicken Meatballs in
Tomato Sauce with Rice
or
Vegetable Frittata with Homemade
Tomato Bread

Broccoli & Carrots

Fruit Cheesecake

NEW

Thursday

Roast Chicken with
Stuffing & Gravy
or
Cauliflower & Broccoli Bake

Roast Potatoes
Cabbage & Carrots

Flapjack & Custard

Friday

Crispy Baked Fish Fillet
or
Vegan Nuggets

Crispy Chips
Baked Beans & Garden Peas

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

Low
SUGAR

Wednesday

Pasta Bolognese
or
Jacket Potato with Beans,
Tomato & Cheese

Side Salad
Sweetcorn & Green Beans

Chocolate Crunch & Chocolate Sauce

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 school's website for details

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Week 3

Week Three commencing:

6th May, 3rd June, 24th June,
15th July, 4th September,
30th September

Monday

Tomato & Cheddar Pizza Whirl
or
Salmon & Sweet Potato Fishcake

Herb Diced Potatoes
Mixed Vegetables

Fruit Swirl Cake

Tuesday

Baked Sausages with
Mashed Potato & Gravy
or
Quorn & Vegetable Paella

Carrots & Peas

Strawberry Mousse & Shortbread

Thursday

Roast Beef with
Yorkshire Pudding & Gravy
or
Vegetarian Sausage 'Under Wraps' &
Gravy

Roast Potatoes
Broccoli & Carrots

Raspberry Ripple Ice Cream Pot

Friday

Crispy Baked Fish Fillet
or
Crunchy Vegetable Fingers

Oven Baked Chips
Baked Beans & Garden Peas

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

Wednesday

Smokey Joe Chicken
or
Tomato & Cheddar Quiche

New Potatoes
Green Beans & Sweetcorn

Oaty Apple Crumble & Custard

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 school's website for details

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Low
SUGAR

Low
SUGAR

Low
SUGAR

NEW

NEW