

# eats.

## AUTUMN/WINTER 2022

14th November 22,  
5th December 22,  
9th January 23,  
30th January 23,  
20th February 23, 13th March 23

### Menu

WEEK

3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN



Classic Macaroni  
Cheese with Garlic  
Bread

Beef Meatballs in a  
Tomato Sauce with Rice  
& Peas

Roast Gammon,  
Yorkshire Pud, Roast  
Potatoes & Gravy with  
Seasonal Vegetables

BBQ Chicken Melt with  
Potato Wedges & Peas

Salmon Fish Fingers &  
Chips with Baked Beans  
or Peas

PLANT  
BASED



Veggie Bean Burger with  
Mini Baked Potatoes &  
Peas

Vegetable & Bean  
Burrito with Salad

Veggie Toad in the  
Hole, Roast Potatoes &  
Gravy with Seasonal  
Vegetables

Vegetable Bolognese &  
Garlic Bread

Quorn Southern Style  
Nuggets & Chips with  
Baked Beans or Peas

JACKET  
POTATO



Baked Beans or Grated  
Cheese with Salad Bar

Grated Cheese, Baked  
Beans or Tuna Mayo with  
Salad Bar

Baked Beans or Grated  
Cheese with Salad Bar

Grated Cheese, Baked  
Beans or Tuna Mayo with  
Salad Bar

Baked Beans or Grated  
Cheese with Salad Bar

PACK  
LUNCH



Ham, Cheese or Tuna  
Roll. Tortilla Chips.  
Veggie Sticks.  
Fruit Wedge &  
Bake of the Day

Ham, Cheese or Tuna  
Wrap. Cheese Straw.  
Veggie Sticks.  
Fruit Wedge &  
Bake of the Day

Ham, Cheese or Tuna  
Roll. Tortilla Chips.  
Veggie Sticks.  
Fruit Wedge &  
Bake of the Day

Ham, Cheese or Tuna  
Wrap. Cheese Straw.  
Veggie Sticks.  
Fruit Wedge &  
Bake of the Day

Ham, Cheese or Tuna  
Roll. Pizza Finger. Veggie  
Sticks. Fruit Wedge &  
Bake of the Day

GF/DAIRY  
FREE  
MAIN



Macaroni Cheese with  
Garlic Bread

Beef Meatballs in a  
Tomato Sauce with  
Rice & Peas

Roast Gammon,  
Yorkshire Pud, Roast  
Potatoes & Gravy with  
Seasonal Vegetables

Dairy Free BBQ Chicken  
Melt

GF fish Fingers & Chips  
with Baked Beans or  
Peas

DESSERT



Fruit of the Forest  
Mousse

Marble Crunch &  
Custard

Fruit Crumble & Custard

Orange Muffin

Chocolate Sponge &  
Ice-cream

GF/Dairy Free dessert options available