

eats.

AUTUMN/WINTER 2022

31st October 22,
21st November 22,
12th December 22,
16th January 23, 6th February 23,
27th February 23, 20th March 23

Menu

WEEK



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN



Vegetable & Bean
Cottage Pie with
Seasonal Vegetables

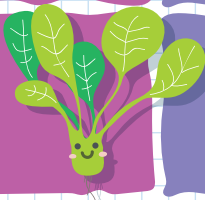
Beef Burger & Herby
Diced Potato with
Sweetcorn

Roast Pork, Yorkshire
Pud, Roast Potatoes,
Seasonal Vegetables &
Gravy

Mild Chicken Curry
& Rice with Peas &
Sweetcorn

Breaded Fish Fingers &
Chips with Baked Beans
or Peas

PLANT
BASED



Veggie Enchilada
with Seasonal
Vegetables

Philly Hot Dog with
Herby Diced Potato &
Sweetcorn

Roast Quorn Fillet,
Yorkshire Pud, Roast
Potatoes, Seasonal
Vegetables & Gravy

Chickpea & Sweet
Potato Curry with Rice,
Peas & Sweetcorn

Vegan Sausage Roll &
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



Vegetable & Bean
Cottage Pie with
Seasonal Vegetables

Beef Burger & Herby
Diced Potato with
Sweetcorn

Roast Pork, Yorkshire
Pud, Roast Potatoes,
Seasonal Vegetables &
Gravy

Mild Chicken Curry
& Rice with Peas &
Sweetcorn

GF Fish Fingers & Chips
with Baked Beans or
Peas

DESSERT



Vanilla Crunch and
Custard

Chocolate Sponge &
Chocolate Sauce

Strawberry Muffin

Oaty Fruit Crunch &
Custard

Fruit of the Forest
Mousse

GF/Dairy Free dessert options available