

eats.

AUTUMN/WINTER 2022

7th November 22,
28th November 22,
2nd January 23, 23rd January 23,
13th February 23,
6th March 23, 27th March 23

Menu

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN



Margherita Pizza, Potato Wedges & Coleslaw

Taste of Suffolk Pork Sausages & Mashed Potato with Seasonal Vegetables

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

Pasta Bolognese & Garlic Bread

Breaded Fish Fingers & Chips with Baked Beans or Peas

PLANT BASED



Vegetable Lasagne & Garlic Bread

Quorn Sausage & Mashed Potatoes with Seasonal Vegetables

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

Veggie Chilli Loaded Wedges & Salad Bar

Quorn Vegan Fishless Finger & 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



Margherita Pizza, Potato Wedges & Salad

GF Sausage & Mashed Potatoes with Seasonal Vegetables

Roast Chicken, Yorkshire Pud & Gravy with Seasonal Vegetables

GF Pasta Bolognese

GF Fish Fingers & Chips with Baked Beans or Peas

DESSERT



Chocolate Sponge & Chocolate Sauce

Lemon Muffin

Fruit of the Forest Mousse

Chocolate Crunch & Custard

Orange Jelly & Ice-Cream

GF/Dairy Free dessert options available