

eats.

SPRING/SUMMER 2023

17th April, 8th May, 5th June,
26th June, 17th July,
18th September, 9th October

Menu

WEEK 1

Allergen key:

May Contain in ()



Peanuts
(P)



Nuts
(N)



Crustaceans
(Shellfish)
(CR)



Molluscs
(Shellfish)
(MO)



Fish
(F)



Eggs
(E)



Milk
(MI)



Cereals
containing
Gluten (G)



Soya
(S)



Sesame
seeds
(SS)



Celery
(CE)



Mustard
(MU)



Lupin
(L)



Sulphur
Dioxide
(SD)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN



Cheese & Tomato Pizza
with Potato Wedges &
Seasonal Vegetables
G; E; MI; S

Beef Meatballs in a Rich
Tomato Sauce with 50/50
Penne Pasta &
Garlic Bread
G; SD; S

Roast Pork with
Yorkshire Pudding, Seasonal
Vegetables & Gravy
G; E; MI

Mild Chicken Curry with
50/50 Rice & Naan
G; MI

Battered Fish Fillet & Chips
with Baked Beans & Peas
G; F; MU

VEGETARIAN



Garden Vegetable Goujons
with Potato Wedges &
Seasonal Vegetables

Vegetable Pasta Bake with
Garlic Bread
G; S; MI

Roast Quorn with
Yorkshire Pudding,
Seasonal Vegetables & Gravy
G; E; MI

Quorn Curry & 50/50 Rice
& Naan
G; MI; E

Vegetarian Sausages
& Chips with Baked Beans
or Peas
G; CE

GF/DAIRY
FREE
MAIN



Cheese & Tomato Pizza
with Potato Wedges &
Seasonal Vegetables

Beef Meatballs in a Rich
Tomato Sauce with 50/50
Penne Pasta &
Garlic Bread
S; SD

Roast Pork with
Yorkshire Pudding,
Seasonal Vegetables
& Gravy

Quorn Curry & 50/50 Rice
& Seasonal Vegetables

GF Breaded Fish Fingers
& Chips with Baked Beans
& Peas
F

DESSERT



Vanilla Crunch & Custard
G; E

Strawberry Mousse &
Baked Cookie
G; E; MI

Chocolate Crunch & Custard
G; E

Mandarin Orange Jelly &
Ice-Cream
MI

Pips Organic Lolly

PACK
LUNCH



Ham Roll G
Cheese Roll M; G
Tuna Mayo Roll G; E; F

Tuna Mayo Wrap G; E; F
Cheese Wrap M; E; G
Ham Wrap G

Tuna Mayo Roll G; E; F
Cheese Roll M; G
Ham Roll G

Tuna Mayo Wrap G; E; F
Cheese Wrap M; E; G
Ham Wrap G

Tuna Mayo Roll G; E; F
Cheese Roll M; G
Ham Roll G

Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

Cheese Swirls M; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

Cheese Swirls M; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day



JACKET POTATO

GF/Dairy Free dessert options available. Freshly Baked Bread and Salad Options Available Daily

Available everyday: Jacket Potatoes with a choice of toppings, Cheese M, Tuna Mayo F; M; E or Baked Beans with Salad Garnish.

WEEK 2

Allergen key:

May Contain in ()



Peanuts
(P)



Nuts
(N)



Crustaceans
(Shellfish)
(CR)



Molluscs
(Shellfish)
(MO)



Fish
(F)



Eggs
(E)



Milk
(MI)



Cereals
containing
Gluten (G)



Soya
(S)



Sesame
seeds
(SS)



Celery
(CE)



Mustard
(MU)



Lupin
(L)



Sulphur
Dioxide
(SD)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Vegetable Chilli with
50/50 Rice
CE; S

Cheesy Chicken Melt
with 50/50 Rice &
Seasonal Vegetables
MI

Roast Chicken with
Yorkshire Pudding,
Seasonal Vegetables & Gravy
G; E; MI

Taste of Suffolk Pork
Sausages, Mashed Potato
& Gravy with
Seasonal Vegetables
G; SD

Battered Fish & Chips with
Peas or Baked Beans
G; F; MU

VEGETARIAN

Roasted Vegetable
Enchiladas with
Herby Diced Potatoes
MI; G

Philly Hot Dog with 50/50
Rice & Seasonal Vegetables
G; (SS)

Roast Quorn with
Yorkshire Pudding,
Seasonal Vegetables & Gravy
G; E; MI

Vegetable Sausages &
Mashed Potato with
Seasonal Vegetables
G; CE

Quorn Fishless Fingers &
Chips with Baked Beans
or Peas
G

GF/DAIRY
FREE
MAIN

Vegetable Chilli with
50/50 Rice
CE; S

Cheesy Chicken Melt
with 50/50 Rice &
Seasonal Vegetables

Roast Chicken with
Yorkshire Pudding,
Seasonal Vegetables
& Gravy

GF Sausages & Mashed
Potato with
Seasonal Vegetables
S; SD

GF Fish Fingers & Chips
with Baked Beans or Peas
F

DESSERT

Lemon Drizzle Cake
G; E

Chocolate Mousse with
Baked Cookie
MI; E; G

Toffee Apple Crumble
& Custard
G; MI

Strawberry Jelly
& Ice-Cream
MI

Pips Organic Lolly

PACK
LUNCH

Ham Roll G
Cheese Roll M; G
Tuna Mayo Roll G; E; F

Tuna Mayo Wrap G; E; F
Cheese Wrap M; E; G
Ham Wrap G

Tuna Mayo Roll G; E; F
Cheese Roll M; G
Ham Roll G

Tuna Mayo Wrap G; E; F
Cheese Wrap M; E; G
Ham Wrap G

Tuna Mayo Roll G; E; F
Cheese Roll M; G
Ham Roll G

Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

Cheese Swirls M; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

Cheese Swirls M; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

GF/Dairy Free dessert options available. Freshly Baked Bread and Salad Options Available Daily

JACKET POTATO

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WEEK 3

Allergen key:

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(P)



Nuts
(N)



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(Shellfish)
(CR)



Molluscs
(Shellfish)
(MO)



Fish
(F)



Eggs
(E)



Milk
(MI)



Cereals
containing
Gluten (G)



Soya
(S)



Sesame
seeds
(SS)



Celery
(CE)



Mustard
(MU)



Lupin
(L)



Sulphur
Dioxide
(SD)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Classic Macaroni Cheese
with Garlic Bread
MI; G; S

Pork Burger with Potato
Wedges & Peas or
Sweetcorn
G; SD; (SS)

Roast Chicken with
Yorkshire Pudding,
Seasonal Vegetables & Gravy
MI; E; G

Beef Bolognese with Penne
Pasta & Garlic Bread
CE; S; G

Salmon & Sweet Potato Fish
Cakes & Chips with
Baked Beans or Peas
F; G

VEGETARIAN

Vegetable & Bean Burrito
G; MU

Vegetable Burger with
Herby Diced Potatoes &
Seasonal Vegetables
(SS)

Vegan Toad in the Hole
with Seasonal Vegetables
& Roast Potatoes
G

Italian Tomato Pasta
with Garlic Bread
G; S

Quorn Southern Fried
Vegan Nuggets & Chips with
Baked Beans or Peas
G

GF/DAIRY
FREE
MAIN

Classic Macaroni Cheese
with Garlic Bread

Vegetable Burger with
Herby Diced Potatoes &
Seasonal Vegetables

Roast Chicken with Yorkshire
Pudding,
Seasonal Vegetables
& Gravy

Beef Bolognese with
Penne Pasta &
Garlic Bread
CE; S

GF Fishcakes & Chips with
Baked Beans or Peas
G; F

DESSERT

Orange Muffin
MI; E; G

Victoria Sponge
MI; G; E

Peach Melba Crumble
& Ice-Cream
G; MI

Chocolate Sponge with
Ice-Cream
E; MI; G

Pips Organic Lolly

PACK
LUNCH

Ham Roll G
Cheese Roll M; G
Tuna Mayo Roll G; E; F

Tuna Mayo Wrap G; E; F
Cheese Wrap M; E; G
Ham Wrap G

Tuna Mayo Roll G; E; F
Cheese Roll M; G
Ham Roll G

Tuna Mayo Wrap G; E; F
Cheese Wrap M; E; G
Ham Wrap G

Tuna Mayo Roll G; E; F
Cheese Roll M; G
Ham Roll G

Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

Cheese Swirls M; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

Cheese Swirls M; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

Tortilla Chips
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Dessert of the Day

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