

# eats.

## AUTUMN/WINTER 23/24

18th September, 9th October  
6th November, 27th November,  
18th December, 15th January,  
5th February, 4th March,  
25th March

## 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

#### OPTION 1

Margherita Pizza, Potato  
Wedges & Baked Beans  
MI; G; S (E)

#### OPTION 2

Vegetable Supreme Pizza,  
Potato Wedges &  
Baked Beans  
MI; G; S (E)

#### OPTION 3

Enjoy Your Lunch



#### OPTION 4

See You Tomorrow



#### DESSERT

Chocolate Crunch  
G; E

### TUESDAY

Sausage, Mashed Potatoes  
with Peas & Sweetcorn  
G; MI; S; SD

Veggie Sausage & Mashed  
Potato with Peas &  
Sweetcorn  
CE; G; MI

Enjoy Your Lunch



See You Tomorrow



Flapjack with Fruit Wedge  
G

### WEDNESDAY

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

Roast Quorn, Roast  
Potatoes, Yorkshire  
Pudding,  
Seasonal Vegetables &  
Gravy

Enjoy Your Lunch



See You Tomorrow



Apple Crumble & Custard  
G; MI

### THURSDAY

Beef Meatballs with Italian  
Tomato Sauce, Penne  
Pasta & Garlic Bread  
G; (S)

Tomato & Herb Penne  
Pasta with Garlic Bread  
G; (S)

Enjoy Your Lunch



See You Tomorrow



Victoria Sponge Tray Bake  
G; E; MI

### FRIDAY

Battered Fish Fillet with  
Chips and Peas or Baked  
Beans  
G; F

Vegetable Goujons with  
Chips & Peas or Baked  
Beans

Enjoy Your Lunch



See You Tomorrow



Fruit Crumble  
G; MI

Please Refer to Separate Menu for Gluten Free, Dairy Free and Vegan Options.

Available everyday: Salad Options Available Daily.

# eats.

## AUTUMN/WINTER 23/24

25th September, 16th October,  
13th November, 4th December,  
2nd January, 22nd January,  
12th February, 11th March

## Menu

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

OPTION 1

Macaroni Cheese &  
Garlic Bread  
G; MI; (S)

OPTION 2

Italian Pasta Bake with  
Garlic Bread  
G; (S); MI

OPTION 3

Enjoy Your Lunch



OPTION 4

See You Tomorrow



DESSERT

Chocolate Cornflake Nest  
G

### TUESDAY

Hot Dog with Wedges &  
Garden Peas  
G; SD; (S)

Quorn Frankfurter Hot  
Dog with Wedges &  
Garden Peas  
G; E; (S)

Enjoy Your Lunch



See You Tomorrow



Shortbread Biscuit & Fruit  
Wedge G

### WEDNESDAY

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

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

Enjoy Your Lunch



See You Tomorrow



Chocolate Mousse  
MI

### THURSDAY

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

Veggie Bolognese &  
Garlic Bread  
G; MI; (S)

Enjoy Your Lunch



See You Tomorrow



Lemon Drizzle Sponge  
Cake G; E

### FRIDAY

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

Southern Style Quorn  
Nuggets with Chips, Peas  
or Baked Beans G

Enjoy Your Lunch



See You Tomorrow



Ice Cream Sundae  
MI

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# eats.

## AUTUMN/WINTER 23/24

2nd October, 30th October,  
20th November, 11th December,  
8th January, 29th January,  
26th February, 18th March

## Menu

WEEK **3**

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

#### OPTION 1

Margherita Pizza, Potato  
Wedges & Baked Beans  
MI; G; S (E)

#### OPTION 2

Vegetable Supreme Pizza,  
Potato Wedges &  
Baked Beans  
MI; G; S (E)

#### OPTION 3

Enjoy Your Lunch



#### OPTION 4

See You Tomorrow



#### DESSERT

Vanilla Crunch  
G; E

### TUESDAY

Sausage Roll, Mashed  
Potatoes & Baked Beans  
G; MI; S; SD

Vegan Sausage Roll,  
Mashed Potatoes & Baked  
Beans  
G; MI; S; SD

Enjoy Your Lunch



See You Tomorrow



Iced Sponge  
G; E

### WEDNESDAY

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

Veggie Toad in the Hole,  
Roast Potatoes, S, Seasonal  
Vegetables & Gravy  
G; E; MI; CE

Enjoy Your Lunch



See You Tomorrow



Chocolate Pudding &  
Sauce G; E; MI

### THURSDAY

Beef Lasagne with Garlic  
Bread & Salad  
G; E; MI; (S)

Vegetable Pasta Bake with  
Garlic Bread & Salad  
G; MI; (S)

Enjoy Your Lunch



See You Tomorrow



Oaty Cookie & Fruit  
Wedge G; (MI)

### FRIDAY

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

Vegetable Goujons with  
Chips & Peas or Baked  
Beans

Enjoy Your Lunch



See You Tomorrow



Chocolate Mousse  
MI

Please Refer to Separate Menu for Gluten Free, Dairy Free and Vegan Options.

Available everyday: Salad Options Available Daily.