

# eats.

## Week 1

### Week One commencing:

7th September, 28th September, 19th October,  
16th November, 7th December, 11th January 2021,  
1st February 2021, 1st March 2021, 22nd March 2021

### Monday

Margherita Pizza  
with Herb Diced Potatoes  
or  
Vegetarian Pasta Bolognese

Side Salad  
Peas and Sweetcorn

Strawberry Whip  
& Shortbread



### Tuesday

Meatballs in Tomato Sauce  
with Pasta Twists  
or  
Vegetable Frittata & Potato Wedges

Mixed Vegetables

Flapjack and Fruit Wedge



### Wednesday

Sausage Roll  
& Herb Diced Potato  
or  
Tomato & Vegetable Pasta with Garlic  
slice

Garden Peas & Carrots

Chocolate Crunch  
& Chocolate Sauce



### Thursday

Traditional Roast Beef,  
Yorkshire Pudding and Gravy  
or  
Cheese & Potato Pie

Carrots and Cabbage

Iced Carrot Cake

### Friday

Crispy Baked Fish Fillet  
or  
Vegetarian Hot Dog

Oven baked Chips  
Baked Beans  
Garden Peas

Fruity Friday – A choice of  
Fruit Jelly, Fruit Yoghurt  
or Fresh Fruit Salad



### Available every day –

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, strawberry or orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch – see schools website for details

For information on allergens & intolerances visit [www.eats-catering.co.uk](http://www.eats-catering.co.uk)

# eats.

## Week 2

### Week Two commencing:

14th September, 5th October,  
2nd November, 23rd November, 14th December,  
18th January 2021, 8th February 2021, 8th March 2021

### Monday

Southern Style Quorn  
Burger in a Bun  
or  
Vegetarian Sausage Under Wraps

Baked Potato Wedges  
Peas & Sweetcorn

Vanilla Crunch Slice

### Tuesday

Italian Baked Chicken  
or  
Tomato & Cheddar Quiche

Herb Diced Potatoes  
Carrots and Broccoli

Lemon Drizzle Sponge  
& Fruit Wedge

### Thursday

Traditional Roast Chicken  
or  
Cauliflower & Broccoli Bake

Roast Potatoes  
Carrots and Cabbage

Toffee Cream Tart

### Wednesday

Pork Sausages, Mash & Gravy  
or  
Vegetable Bean Burger,  
Mash & Gravy

Sweetcorn & Green Beans

Chocolate Brownie

### Friday

Baked Fish Fingers  
or  
Vegan Nuggets

Oven Baked Chips  
Baked Beans  
Garden Peas

Fruity Friday - A choice of  
Fruit Jelly, Fruit Yoghurt  
or Fresh Fruit Salad

#### Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, strawberry or orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see schools website for details

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# eats.

## Week 3

### Week Three commencing:

21st September, 12th October, 9th November,  
30th November, 4th January 2021, 25th January 2021,  
22nd February 2021, 15th March 2021

### Monday

Neapolitan Pizza  
or  
Sweet Potato  
& Salmon Fishcake

Herb Diced Potatoes  
& Mixed Vegetables

Iced Sponge Cake

### Tuesday

Pork & Apple Burger  
with Potato Wedges  
or  
Vegetable lasagne  
& Garlic Slice

Carrots and Peas

Marbled Cookie  
& Fruit portion

### Thursday

Traditional Roast Pork  
or  
Veggie Toad in the Hole

Roast Potatoes  
Carrots and Cabbage

Raspberry Ripple  
Ice Cream Pot

### Friday

Crispy Baked Fish Fillet  
or  
Crunchy Vegetable Fingers

Oven baked Chips  
Baked Beans  
Garden Peas

Fruity Friday - A choice of  
Fruit Jelly, Fruit Yoghurt  
or Fresh Fruit Salad

### Wednesday

Mac n' Cheese  
or  
Chicken in Gravy with a Pastry Top  
& Mashed Potatoes

Green Beans and Sweetcorn

Chocolate Rice Krispie Cake

#### Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, strawberry or orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see schools website for details

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