

eats.

Week 1

Week One commencing:

28th October, 18th November, 4th December,
13th January 2020, 3rd February 2020,
2nd March 2020, 23rd March 2020

Monday

Margherita Pizza
or
Vegetable & Bean
Crumble

NEW

Baked Potato Wedges
Peas & Sweetcorn

Iced Sponge Tray Bake

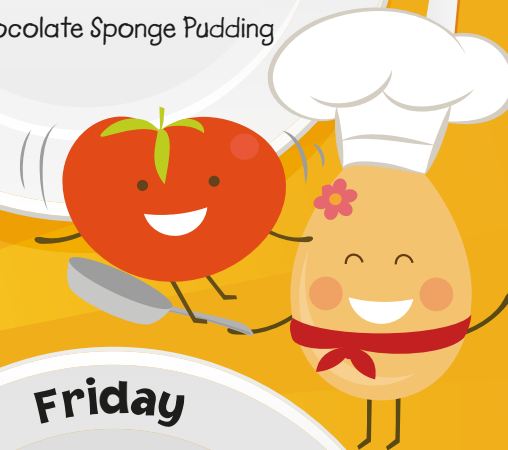


Tuesday

Beef Cottage Pie
or
Tomato & Vegetable Pasta with
Garlic Bread

Carrots & Cabbage

Hot Chocolate Sponge Pudding



Thursday

Roast Pork, Stuffing
& Gravy
or
Veggie Toad-in-the-Hole

Carrots & Green Beans
Roast Potatoes

Apple Crumble & Custard

Wednesday

Italian Chicken Meatballs
& Wholemeal Pitta Bread

or
Mexican Quorn &
Rice Tortilla

NEW

Steamed Rice
Mixed Vegetables

Fruit Filled Chelsea Bun

NEW



Friday

Crispy Baked Fish Fillet
or
Vegan Nuggets

Oven Baked Chips
Baked Beans & Peas

A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit



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

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Week 2

Week Two commencing:

4th November, 25th November, 16th December,
20th January 2020, 10th February 2020,
4th March 2020, 30th March 2020

Monday

Mac n' Cheese
or
Crunchy Quorn Burger
& Herb Diced Potatoes

Green Beans & Carrots

Fruit Jam & Cornflake Tart
with Ice Cream

Tuesday

NEW BBQ Chicken Wrap
with Rice
or
BBQ Quorn & Sweetcorn Filled Jacket
Potato

Carrots & Broccoli

NEW Cinnamon Swirl Sponge

Thursday

NEW Roast Chicken, Stuffing
& Gravy
or
Quorn Wellington & Gravy

Roast Potatoes
Carrots & Green Beans

Sticky Toffee Pudding
& Custard **NEW**

Wednesday

Sausage & Mash
with Gravy
or
Vegetable Quiche

Peas & Sweetcorn

Flapjack Slice &
Fruit Wedge

Friday

Crispy Baked
Fish Fillet
or
Vegetarian Hot Dog Roll

Oven Baked Chips
Baked Beans &
Garden Peas

A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

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Week 3

Week Three commencing:

11th November, 2nd December,
6th January 2020, 27th January 2020,
24th February 2020, 16th March 2020

Monday

Tomato & Cheddar
Pizza Whirl
or
Salmon & Sweet Potato Fishcake

Herb Diced Potatoes
Peas & Sweetcorn

Fruit Filled Oaty Crunch

Tuesday

NEW

Chicken Pasta Bake
or
Butternut Squash
& Pepper Risotto

NEW

Garlic Slice
Mixed Vegetables

Strawberry Whip
& Shortbread

Thursday

Roast Beef, Yorkshire Pudding
& Gravy
or
Shepherdess Pie & Gravy

Roast Potatoes
Carrots & Broccoli

Chocolate Crunch &
Chocolate Custard

Friday

Crispy Cod Fish Fingers
or
Crunchy Vegetable Fingers

Oven Baked Chips
Baked Beans and
Garden Peas

A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

Wednesday

Pork & Apple Burger
in a Bun
or
Vegetable Bean Burger
in a Bun

Baked Potato Wedges
Green Beans & Carrots

Raspberry Cupcake

NEW

NEW

Available every day -

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