

eats.

Week 1

Week One commencing:

15th November, 29th November, 13th December
10th January 2022, 24th January 2022, 7th February 2022
28th February 2022, 14th March 2022, 28th March 2022

Tuesday

Light Chicken Curry with
Rice and Naan Bread
or
Gnocchi in a Creamy Tomato Sauce
with Garlic Bread

Green Beans / Sweetcorn

Chocolate Brownie

Friday

Chicken Goujon or
Salmon Fishcake & Chips
or
Vegan Fishless Finger Wrap &
Chips

Baked Beans / Carrot Sticks

Iced Sponge Cake

Thursday

Saffolk Sausages or Vegan
Cumberland Sausage &
Mash with Gravy
or
Vegetable Curry with Rice & Naan

Peas / Carrots

Mixed Fruit Smoothie &
Shortbread Biscuit

Wednesday

Roast Beef with
Roast Potatoes,
Yorkshire Pudding & Gravy
or
Quorn Fillet with Roast Potatoes,
Yorkshire Pudding & Gravy

Carrots / Cauliflower

Frosted Strawberry
Cupcake

Monday

Southern Style Quorn Burger in a
Bun with Diced Potatoes
or
Cauliflower & Broccoli Bake with
a Herby Homemade Bread

Coleslaw / Peas

Apple Flapjack & Custard

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

Eats.

Week 2

Week Two commencing:

22nd November, 6th December, 3rd January 2022
17th January 2022, 31st January 2022, 14th February 2022
7th March 2022, 21st March 2022, 4th April 2022

Monday

Macaroni Cheese
with Garlic Pizza
Bread

Or

Falafel Wrap with Mexican Rice

Sweetcorn / Peas

Syrup Sponge & Custard

Thursday

Margherita or Ham &
Tomato Pizza

Or

Vegetable Meatballs in a
Tomato Sauce with Pasta

Medley of Crudités

Lemon & Raspberry
Muffin

wednesday

Roast Pork

Roast Potatoes,

Yorkshire Pudding, & Gravy

Or

Vegan Cumberland Sausage with
Stuffing, Yorkshire Pudding, Roast
Potatoes & Gravy

Carrots / Savoy Cabbage

Fruit Crumble with
Ice Cream

Tuesday

Beef Burger in a Loaded Bun
with Potato Wedges

Or

Five Bean Chilli & Nachos

Rainbow Coleslaw / Salad

Chocolate Fridge Cake Slice &
Juice Canton

Friday

Fish Fillet or Fish Fingers
with Chips

Or

Vegan Nuggets with Chips

Baked Beans / Peas

Marble Crunch &
Chocolate Sauce

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

eats.

Packed Lunch Menu - Week 1

Monday

Ham, Cheese or Tuna Roll
Tortilla Chips
Smoothie
Apple Flapjack
Fresh Fruit & Veg

Tuesday

Ham, Cheese or Tuna Roll
Popcorn
Jelly Pot
Chocolate Brownie
Fresh Fruit & Veg

Wednesday

Ham, Cheese or Tuna Roll
Tortilla Chips
Apple Juice Cuplet
Frosted Strawberry Traybake
Fresh Fruit & Veg

Thursday

Ham, Cheese or Tuna Roll
Popcorn
Mousse
Fruit Smoothie & Shortbread Biscuit
Fresh Fruit & Veg

Friday

Ham, Cheese or Tuna Roll
Pizza Baton
Yoghurt Pot
Iced Sponge Cake
Fresh Fruit & Veg

15th November, 29th November, 13th December
10th January 2022, 24th January 2022, 7th February 2022
28th February 2022, 14th March 2022, 28th March 2022

eats.

Packed Lunch Menu - Week 2

Monday

Ham, Cheese or Tuna Roll
Tortilla Chips
Smoothie
Syrup Sponge
Fresh Fruit & Veg

Tuesday

Ham, Cheese or Tuna Roll
Popcorn
Jelly Pot
Chocolate Fridge Cake Slice
Fresh Fruit & Veg

Wednesday

Ham, Cheese or Tuna Roll
Tortilla Chips
Apple Juice Cuplet
Ice Cream & Cookie
Fresh Fruit & Veg

Thursday

Ham, Cheese or Tuna Roll
Popcorn
Mousse
Lemon & Raspberry Muffin
Fresh Fruit & Veg

Friday

Ham, Cheese or Tuna Roll
Pizza Baton
Yoghurt Pot
Marble Crunch
Fresh Fruit & Veg

22nd November, 6th December, 3rd January 2022
17th January 2022, 31st January 2022, 14th February 2022
7th March 2022, 21st March 2022, 4th April 2022