

eats.

Week 1

Week One commencing:

24th October, 14th November, 10th December,
7th January 2019, 28th January 2019,
25th February 2019, 18th March 2019

Monday

Sweet Potato & Salmon
Fishcake
or
Cheese & Tomato Pizza Whirl

Herb Diced Potatoes
Cauliflower & Carrots

Raspberry Apple Cake

Low
SUGAR

Wednesday

Chicken Breast with Tomato Pasta
or
Carrot & Leek Cheese Slice

Broccoli & Sweetcorn

Apricot Layer Shortbread

Low
SUGAR

NEW

Thursday

Roast Loin of Pork, Stuffing & Gravy
or
Vegetarian Toad-in-the-Hole & Gravy

Roast Potatoes
Seasonal Vegetables

Fruity Thursday – A choice of Fruit Jelly, Fruit
Yoghurt or Fresh Fruit

Low
SUGAR

NEW

Tuesday

Spaghetti Bolognese &
Garlic Bread
or

Vegetable Crumble & Garlic Bread

Peas & Carrots

Macaroon Tart

NEW

NEW

Friday

Baked Fish Fingers
or
Vegan Chicken Style Nuggets

Oven Baked Chips
Baked Beans & Garden Peas

Vanilla & Chocolate Crunch

NEW

Available every day –

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real 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:

5th November, 26th November, 17th December,
14th January 2014, 4th February 2014,
4th March 2014, 25th March 2014

Monday

Italian Tomato Pasta
with Cheesy Garlic Slice
or
Mac n' Cheese with
Wholemeal Bread

Sweetcorn & Broccoli

Eve's Pudding with Custard

NEW

Tuesday

Shepherd's Pie
or
Cauliflower & Sweet Potato Bake

Carrots & Peas

Strawberry Whip with a
Mini Shortbread Biscuit

NEW

Wednesday

Beef & Tomato Grill in a
Homemade Bun with
Jacket Wedges

or

Vegetable Curry with Steamed Rice

Mixed Vegetables

Jam Roly Poly & Custard

**Low
SUGAR**

Thursday

Roast Chicken, Stuffing & Gravy
or
Vegetarian Sausage 'Under Wraps'
& Gravy

Roast Potatoes
Seasonal Vegetables

Fruity Thursday – A choice of Fruit Jelly, Fruit
Yoghurt or Fresh Fruit

NEW

**Low
SUGAR**

Friday

Baked Fish Fingers
or
Crunchy Vegetable Fingers

Oven Baked Chips
Baked Beans & Garden Peas

Chocolate Brownie

**Low
SUGAR**

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Week 3

Week Three commencing:

12th November, 3rd December, 31st December,
21st January 2019, 11th February 2019,
11th March 2019, 1st April 2019

Monday

NEW

Quorn Nuggets
with Herb Diced Potatoes
or
Loaded Jacket Potato with
Tomato, Baked Beans & Cheddar Cheese
Peas & Sweetcorn
Cocoa & Vanilla Marble Sponge

Tuesday

NEW

Local Pork Sausages,
Mashed Potato & Gravy
or
Cheesy Lentil & Parsnip Bake
Carrots & Green Beans
Apple & Blackberry
Crumble with Custard

Thursday

Low SUGAR

NEW

Roast Beef, Yorkshire
Pudding & Gravy
or
Vegetarian Shepherdess Pie
Roast Potatoes
Seasonal Vegetables
Fruity Thursday – A choice
of Fruit Jelly, Fruit Yoghurt
or Fresh Fruit

Wednesday

NEW

Chicken Korma with
Steamed Rice & Naan Bread
or
Vegetable Lasagne
Broccoli & Sweetcorn

Friday

Low SUGAR

NEW

Baked Fish Fingers
or
Quorn Hot Dog
Oven Baked Chips
Baked Beans & Garden Peas
Chocolate Coconut Tart

Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real 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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