

# eats.

## AUTUMN/WINTER 24/25

4th November,  
25th November,  
16th December,  
20th January, 10th February  
10th March, 31st March

# Menu



WEEK



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

Main Dish

Margherita Pizza,  
Potato Wedges,  
Seasonal Vegetables  
G;MI;S;(E)

#### OPTION 2

Alternative Dish

Tomato & Herb  
Pasta Bake,  
Seasonal Vegetables G;

#### OPTION 3

Baked Potato

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

#### OPTION 4

Packed Lunch

Cheese Wrap MI;G or  
Ham Wrap G;  
Nachos (S)  
Carrot Sticks & Apple  
Wedge  
Frube Yoghurt MI;

#### DESSERT

Mousse MI; or Fresh  
Fruit or Jelly

### TUESDAY

Beef Burger in a Bun  
with Herby Diced  
Potatoes, Seasonal  
Vegetables G;(SS)

Quorn Burger with  
Herby Diced Potatoes,  
Seasonal Vegetables  
G;(SS);E;MI

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

Cheese Roll MI;G;(SS) or  
Ham Roll G;(SS)  
Popcorn  
Cucumber Sticks &  
Satsuma  
Shortbread Biscuit G;

Steamed Sponge  
Pudding & Custard  
G;E;MI; or Fresh Fruit or  
Jelly

### WEDNESDAY

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

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

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
or Tuna Mayo E;F &  
Salad

Cheese Wrap MI;G or  
Ham Wrap G; or Tuna  
Wrap E;F;G  
Nachos (S)  
Carrot Sticks & Apple  
Wedge  
Flapjack G;

Flapjack G; or Fresh  
Fruit or Jelly

### THURSDAY

Sausage & Mash,  
Seasonal Vegetables,  
Gravy G;SD;MI

Vegan Sausage & Mash,  
Seasonal Vegetables,  
Gravy S;MI

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

Cheese Roll MI;G;(SS) or  
Ham Roll G;(SS)  
Popcorn  
Cucumber Sticks &  
Satsuma  
Vanilla Crunch G;E

Vanilla Crunch G;E; or  
Fresh Fruit or Jelly

### FRIDAY

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

Vegetable Goujons &  
Chips with Beans or  
Peas

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

Cheese Wrap MI;G;(SS)  
or Ham Wrap G;(SS)  
Nachos (S)  
Carrot Sticks & Apple  
Wedge  
Cupcake G;E

Cupcake G;E; or Fresh  
Fruit or Jelly

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

Salad Options Available Daily.





# eats!

## AUTUMN/WINTER 24/25

11th November,  
2nd December, 6th January,  
27th January, 24th February  
17th 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**  
Main Dish

Margherita Pizza, Potato  
Wedges, Seasonal  
Vegetables G;MI;S;(E)

**OPTION 2**  
Alternative Dish

Vegetable Pasta  
Bolognese, Seasonal  
Vegetables G;

**OPTION 3**  
Baked Potato

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

**OPTION 4**  
Packed Lunch

Cheese Wrap G;MI; or  
Ham Wrap G;  
Nachos (S)  
Carrot Sticks & Apple  
Wedge  
Jelly

**DESSERT**

Jelly or Fresh Fruit

### TUESDAY

Smokey Jo Chicken,  
Rice, Seasonal  
Vegetables

BBQ Quorn, Rice,  
Seasonal Vegetables

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

Cheese Roll G;MI;(SS) or  
Ham Roll G;(SS)  
Popcorn  
Cucumber Sticks &  
Satsuma  
Frube Yoghurt MI;

Oaty Fruit Crunch &  
Custard G;MI; or Fresh  
Fruit or Jelly

### WEDNESDAY

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

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

Baked Potato with  
Grated Cheese MI;  
or Baked Beans or  
Tuna Mayo E;F & Salad

Cheese Wrap G;MI; or  
Ham Wrap G; or Tuna  
Wrap G;E;F  
Nachos (S)  
Carrot Sticks & Apple  
Wedge  
Marble Crunch G;E

Marble Crunch G;E; or  
Fresh Fruit or Jelly

### THURSDAY

Cottage Pie, Seasonal  
Vegetables MI;

Vegetable Frittata,  
Seasonal Vegetables E;

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

Cheese Roll G;MI;(SS) or  
Ham Roll G;(SS)  
Popcorn  
Cucumber Sticks &  
Satsuma  
Shortbread Biscuit G;

Shortbread Biscuit G; or  
Fresh Fruit or Jelly

### FRIDAY

Fish Fingers & Chips  
with Baked Beans or  
Peas G;F;

Vegetable Spring Roll &  
Chips with Baked Beans  
or Peas G;S,SS

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

Cheese Wrap G;MI; or  
Ham Wrap G;  
Nachos (S)  
Carrot Sticks & Apple  
Wedge  
Iced Sponge G;E;

Iced Sponge G;E; or  
Fresh Fruit or Jelly

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Salad Options Available Daily.





# eats.

## AUTUMN/WINTER 24/25

18th November,  
9th December, 13th January,  
3rd February, 3rd March,  
24th 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**  
Main Dish

Margherita Pizza, Potato  
Wedges, Seasonal  
Vegetables G;MI;S;(E)

**OPTION 2**  
Alternative Dish

Macaroni Cheese,  
Seasonal Vegetables  
G;MI;

**OPTION 3**  
Baked Potato

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

**OPTION 4**  
Packed Lunch

Cheese Wrap G; MI; or  
Ham Wrap G;  
Nachos (S)  
Carrot Sticks & Apple  
Wedge  
Frube Yoghurt MI;

**DESSERT**

Mousse MI; or Fresh  
Fruit or Jelly

### TUESDAY

Breakfast Brunch  
G;SD;E;

Vegan Breakfast Brunch  
G;CE

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

Cheese Roll G;MI;(SS) or  
Ham Roll G;(SS)  
Popcorn  
Cucumber Sticks &  
Satsuma  
Chocolate Nest G;

Chocolate Nest G; or  
Fresh Fruit or Jelly

### WEDNESDAY

Roast Beef, Crispy Roast  
Potatoes, Seasonal  
Vegetables, Yorkshire  
Pudding, Gravy G;E;MI

Roast Quorn, Crispy  
Roast Potatoes, Seasonal  
Vegetables, Gravy  
G;E;MI

Baked Potato with  
Grated Cheese MI;  
or Baked Beans or  
Tuna Mayo E;F & Salad

Cheese Wrap G;MI; or  
Ham Wrap G; or Tuna  
Wrap G;E;F  
Nachos (S)  
Carrot Sticks & Apple  
Wedge  
Lemon Cookie G;

Lemon Cookie G; or  
Fresh Fruit or Jelly

### THURSDAY

Chicken Pie, Mash  
Potato, Seasonal  
Vegetables, Gravy  
G;MI;E

Vegetable Lasagne,  
Seasonal Vegetables  
G;MI

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

Cheese Roll G;MI;(SS) or  
Ham Roll G;(SS)  
Popcorn  
Cucumber Sticks &  
Satsuma  
Flapjack G;

Flapjack G; or Fresh  
Fruit or Jelly

### FRIDAY

Chicken Dippers &  
Chips, Beans or Peas  
G;CE;

Quorn Dippers & Chips  
Beans or Peas G;

Baked Potato with  
Grated Cheese MI;  
or Baked Beans  
& Salad

Cheese Wrap G;MI; or  
Ham Wrap G;  
Nachos (S)  
Carrot Sticks & Apple  
Wedge  
Shortbread Biscuit G;

Jam Tart G; or Fresh  
Fruit or Jelly

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Salad Options Available Daily.