

# eats.

## Week 1

### Week One commencing:

6th September, 20th September, 4th October, 18th October, 8th November, 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

Southern Style Quorn Burger with Savoury Rice  
or  
Cauliflower & Broccoli Bake with a Herby Homemade Bread

Coleslaw / peas

Apple Flapjack & Custard



### Tuesday

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

Green Beans / Sweetcorn

Chocolate Brownie



### Wednesday

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

Carrots / Cauliflower

Frosted Strawberry Cupcake



### Thursday

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

Peas / Carrots

Mixed Fruit Smoothie & Shortbread Biscuit

### Friday

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

Baked Beans / Carrot Sticks

Iced Sponge 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

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



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## Week 2

### Week Two commencing:

13th September; 27th September; 11th October;  
1st November; 15th November; 29th November; 13th December;  
10th January 2022, 24th January 2022, 7th February 2022,  
28th February 2022, 14th March 2022, 28th March 2022.

### Monday

Fresh Mediterranean  
Vegetable Ravioli with  
Garlic Pizza Slice  
or  
Falafel Wrap with Mexican Rice  
  
Sweetcorn / Peas  
  
Syrup Sponge & Custard

### Tuesday

Beef Burger in a Loaded Bun  
with Potato Wedges  
or  
Five Bean Chilli & Nachos  
  
Rainbow Coleslaw / Salad  
  
Chocolate Fridge Cake Slice &  
Juice Carton

### Thursday

Margherita or Ham &  
Tomato Pizza  
or  
Vegetable Meatballs in a  
Tomato Sauce with Pasta  
  
Medley of Crudites  
  
Lemon & Raspberry  
Muffin

### Friday

Fish Fillet or Fish Fingers  
with Chips  
or  
Vegan Nuggets with Chips  
  
Baked Beans / Peas  
  
Marble Crunch &  
Chocolate Sauce

### Wednesday

Roast Chicken with Stuffing,  
Roast Potatoes,  
Yorkshire Pudding, & Gravy  
or  
Vegan Cumberland Sausage with  
Stuffing, Yorkshire Pudding, Roast  
Potatoes & Gravy  
  
Carrots / Savoy Cabbage  
  
Fruit Crumble with  
Ice Cream

#### 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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