

# 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 Diced Potatoes  
or  
Cauliflower & Broccoli Bake with a  
Herby Homemade Bread

Coleslaw / Sweetcorn

Flapjack

### Tuesday

Light Chicken Curry with  
Rice and Baked Bread  
or  
Pasta in a Tomato Sauce with  
Garlic Bread

Cauliflower / Broccoli

Chocolate Sauce Cake

### Thursday

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

Peas / Carrots

Marble Crunch

### Friday

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

Baked Beans / Carrot Sticks

Iced Sponge Cake

### Wednesday

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

Carrots / Green Beans

Frosted Strawberry  
Traybake

### 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

Macaroni Cheese 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

Lemon & Raspberry Muffin

### Thursday

Margherita or Ham &  
Tomato Pizza  
or  
Vegetable Meatballs in a  
Tomato Sauce with Pasta

Sweetcorn / Veg Sticks

Mixed Fruit Smoothie &  
Shortbread Biscuit

### Wednesday

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

Carrots / Savoy Cabbage

Rocky Road

### Friday

Fish Fillet or Fish Fingers  
with Chips  
or  
Vegan Nuggets with Chips

Baked Beans / Peas

Ice Cream and a Cookie

#### 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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