

# 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

### Thursday

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

Peas / Carrots

Mixed Fruit Smoothie &  
Shortbread Biscuit

### Wednesday

Roast ~~Beef~~<sup>Pork</sup> with  
Roast Potatoes,  
Yorkshire Pudding & Gravy  
or  
Quorn Fillet with Roast Potatoes,  
Yorkshire Pudding & Gravy

Carrots / Cauliflower

Frosted Strawberry  
Cupcake

### 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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