

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

GLUTEN FREE

Margherita Pizza, Potato Wedges, Seasonal Vegetables
MI;

Sausage with Herby Diced Potatoes, Seasonal Vegetables
SD;S;MI;

Roast Chicken, Crispy Roast Potatoes, Seasonal Vegetables, Gravy

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

Fish & Chips with Beans or Peas
F;

GLUTEN FREE DESSERT

Mousse
MI;

Sponge Cake
E;MI;

Fresh Fruit

Vanilla Sponge
E;MI;

Cupcake
E;MI;

DAIRY FREE

Tomato & Herb Penne Pasta Bake, Seasonal Vegetables
G;

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

Roast Chicken, Crispy Roast Potatoes, Seasonal Vegetables, Gravy

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

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

DAIRY FREE DESSERT

Jelly

Sponge Cake
G;E;

Flapjack
G;

Vanilla Crunch
G;E;

Cupcake
G;E;

VEGAN

Tomato & Herb Penne Pasta Bake, Seasonal Vegetables
G;

Vegan Quorn Fillet in a Bun with Herby Diced Potatoes, Seasonal Vegetables
G;(SS);

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

Vegan Sausage & Mash, Seasonal Vegetables, Gravy
S;

Vegetable Goujons & Chips with Beans or Peas

VEGAN DESSERT

Jelly

Shortbread Biscuit
G;

Flapjack
G;

Vanilla Crunch
G;

Vegan Cupcake
G;S;

Salad Options Available Daily.



eats.

AUTUMN/WINTER 24/25

11th November,
2nd December, 6th January,
27th January, 24th February
17th March



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

GLUTEN FREE

Vegetable Pasta
Bolognaise, Seasonal
Vegetables

Smokey Jo Chicken,
Rice, Seasonal
Vegetables

Roast Pork, Crispy Roast
Potatoes, Seasonal
Vegetables, Gravy

Cottage Pie, Seasonal
Vegetables
MI;

Fish & Chips with Beans
or Peas
F;

GLUTEN FREE
DESSERT

Jelly

Shortbread Biscuit

Sponge Cake
E;MI;

Shortbread Biscuit

Iced Sponge
E;MI;

DAIRY FREE

Vegetable Pasta
Bolognaise, Seasonal
Vegetables
G;

BBQ Chicken, Rice,
Seasonal Vegetables

Roast Pork, Crispy Roast
Potatoes, Seasonal
Vegetables, Gravy

Cottage Pie, Seasonal
Vegetables

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

DAIRY FREE
DESSERT

Jelly

Oaty Fruit Crunch
G;

Marble Crunch
G;E;

Shortbread Biscuit
G;

Iced Sponge
G;E;

VEGAN

Vegetable Pasta
Bolognaise, Seasonal
Vegetables
G;

BBQ Vegan Quorn
Fillet, Rice, Seasonal
Vegetables
G;

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

Vegetable Cottage Pie,
Seasonal Vegetables

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

VEGAN
DESSERT

Jelly

Oaty Fruit Crunch
G;

Vanilla Crunch
G;

Shortbread Biscuit
G;

Iced Sponge
G;

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

GLUTEN FREE

Margherita Pizza, Potato
Wedges, Seasonal
Vegetables
MI;

Breakfast Brunch
S;SD;E

Roast Beef, Crispy Roast
Potatoes, Seasonal
Vegetables, Gravy

Chicken, Mash Potato,
Seasonal Vegetables,
Gravy
MI;

Vegetable Goujon with
Chips, Beans or Peas

GLUTEN FREE
DESSERT

Mousse
MI;

GF Chocolate Sponge
E;MI;

Shortbread Biscuit

Jelly or Fruit

Jam Sponge
E;MI;

DAIRY FREE

Margherita Pizza, Potato
Wedges, Seasonal
Vegetables
G;

Breakfast Brunch
G;S;SD;E

Roast Beef, Crispy Roast
Potatoes, Seasonal
Vegetables, Gravy

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

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

DAIRY FREE
DESSERT

Jelly

Chocolate Nest
G;

Lemon Cookie
G;

Flapjack
G;

Jam Tart
G;

VEGAN

Margherita Pizza, Potato
Wedges, Seasonal
Vegetables
G;

Vegan Breakfast Brunch
G;CE;

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

Vegan Fillet, Mash
Potato, Seasonal
Vegetables, Gravy
G;

Quorn Dippers with
Chips Beans or Peas
G;

VEGAN
DESSERT

Jelly

Chocolate Nest
G;

Lemon Cookie
G;

Flapjack
G;

Jam Tart
G;

Salad Options Available Daily.



eats.

AUTUMN/WINTER 24/25

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



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION 1 Main Dish

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

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

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

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

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

OPTION 2 Alternative Dish

Tomato & Herb
Pasta Bake,
Seasonal Vegetables G;

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

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

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

Vegetable Goujons &
Chips with Beans or
Peas

OPTION 3 Baked Potato

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

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

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

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

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;

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

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

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

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

DESSERT

Mousse MI; or Fresh
Fruit or Jelly

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

Flapjack G; or Fresh
Fruit or Jelly

Vanilla Crunch G;E; or
Fresh Fruit or Jelly

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



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION 1
Main Dish

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

Smokey Jo Chicken, Rice, Seasonal Vegetables

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

Cottage Pie, Seasonal Vegetables MI;

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

OPTION 2
Alternative Dish

Vegetable Pasta Bolognese, Seasonal Vegetables G;

BBQ Quorn, Rice, Seasonal Vegetables

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

Vegetable Frittata, Seasonal Vegetables E;

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

OPTION 3
Baked Potato

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

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

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

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

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

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

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

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

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

DESSERT

Jelly or Fresh Fruit

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

Marble Crunch G;E; or Fresh Fruit or Jelly

Shortbread Biscuit G; or Fresh Fruit or Jelly

Iced Sponge 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

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

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

