

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

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

Tuesday

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

Green Beans / Sweetcorn

Chocolate Brownie

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