

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
Herby Diced Potatoes

Mixed Vegetables

Flapjack

Tuesday

Light Chicken Curry with Rice
or
Pasta in 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 / Broccoli

Mixed Fruit Smoothie &
Shortbread Biscuit

Friday

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

Baked Beans / Carrots

Iced Sponge Cake

Wednesday

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

Carrots / Cauliflower

Strawberry Sponge

Available every day -

Baked beans, Gravy, Jelly, Yoghurt, Fruit, Sponge Cake and Custard.
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