

# eats.

## Week 1

**Week One commencing:**

31st Oct, 21st Nov, 12th Dec 2016  
9th Jan, 30th Jan, 27th Feb,  
20th Mar 2017

### Monday

Baked Suffolk Sausages,  
Mashed Potato & Gravy  
or  
Vegetarian Sausages, Mashed Potato &  
Gravy

Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar

Lemon Drizzle Cake  
or  
Fresh Fruit Salad

### Tuesday

Creamy Chicken Pie with  
a wholemeal Pastry Topping  
or  
Tomato & Cheddar  
Cheese Pasta Bake

Seasonal Vegetables & Potatoes  
Fresh Salad Bar

Raspberry & Apple  
Crumble Slice  
or  
Fresh Fruit Salad

### Thursday

Roast Loin of Pork,  
Roast Potatoes & Gravy  
or  
Stir-fry Vegetables & Sweet  
Chilli Noodles

Seasonal Vegetables  
Fresh Salad Bar

Sticky Toffee Pudding  
with Ice Cream  
or  
Fresh Fruit Salad

### Friday

Crispy Battered Fish Fillet & Chips  
or  
BBQ Quorn & Vegetable Calzone

Seasonal Vegetables  
Baked Beans

Chocolate Crunch with  
Chocolate Sauce  
or  
Fresh Fruit Salad

### Wednesday

Fresh Beef Mince Lasagne  
with Garlic Bread  
or  
Roasted Vegetable &  
Lentil Lasagne with  
Garlic Bread

Seasonal Vegetables  
Fresh Salad Bar

Banana, Carrot & Orange  
Cake with Custard  
or  
Fresh Fruit Salad

Love Lemon

**Available every day -**

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yoghurt, Apple & Strawberry or Real Orange Jelly. Some dishes may vary due to individual school preferences, policies and cultural considerations.

# eats.

## Week 2

**Week Two commencing:**  
7th Nov, 28th Nov, 19th Dec 2016  
16th Jan, 6th Feb, 6th Mar,  
27th Mar 2017

### Monday

Beef Meatballs in a rich  
Tomato Sauce & Pasta Twists  
or  
Mexican Quorn & Rice  
Tortilla Stack

Seasonal Vegetables  
Fresh Salad Bar

Peach & Pineapple Sponge Cake  
or  
Fresh Fruit Salad

### Tuesday

Sausage & Apple Plait with  
Herb Diced Potatoes  
or  
Homemade Mangherita Pizza Slice

Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar

Berrylicious Muffin  
or  
Fresh Fruit Salad

### Thursday

Roast Chicken,  
Roast Potatoes,  
Stuffing & Gravy  
or  
Mildly Spiced Vegetable &  
Chickpea Fajitas

Seasonal Vegetables  
Fresh Salad Bar

Lemon Shortbread Biscuit with  
Fresh Fruit Juice  
or  
Fresh Fruit Salad

### Wednesday

Pasta Bolognese Bake  
or  
Macaroni Cheese Bake

Seasonal Vegetables  
Fresh Salad Bar

Oaty Apple & Blackberry  
Crumble with Custard  
or  
Fresh Fruit Salad

Delicious

### Friday

Salmon Fish Fingers or  
Fish Fingers with Chips  
or  
Quorn Frankfurter  
Hotdog with Chips

Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar

Chocolate & Mandarin  
Puddle Pudding  
or  
Fresh Fruit Salad

#### Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yoghurt, Apple & Strawberry or Real Orange Jelly. Some dishes may vary due to individual school preferences, policies and cultural considerations.

# eats.

## Week 3

**Week Three commencing:**

14th Nov, 5th Dec 2016

4th Jan, 23rd Jan, 20th Feb,

13th Mar 2017

### Monday

Mild Beef Chilli with Rice  
or  
Spanish Omelette with  
Potato & Peppers

Seasonal Vegetables  
Fresh Salad Bar

Scotch Pancakes with  
Cherry Sauce  
or  
Fresh Fruit Salad

### Tuesday

Pork & Apple Burger in  
a wholemeal Bun  
or  
Southern style Quorn  
Burger in a Bun

Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar

Apple Cobbler with Custard  
or  
Fresh Fruit Salad

### Thursday

Roast Beef,  
Roast Potatoes,  
Yorkshire Pudding & Gravy  
or  
Potato & Cheddar Cheese Pie

Seasonal Vegetables  
Fresh Salad Bar

Oaty Fruit Crunch  
or  
Fresh Fruit Salad

### Friday

Crispy Battered Fish  
Fillet & Chips  
or  
Crunchy Vegetable Fingers & Chips

Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar

Vanilla & Chocolate Marble  
Cake with Custard  
or  
Fresh Fruit Salad

### Wednesday

Piri Piri Chicken &  
Vegetables Pitta Pocket  
or  
Baked Potato Skins with  
a mild Vegetable Chilli

Seasonal Vegetables  
Fresh Salad Bar

Lemon Butterfly Cupcake  
or  
Fresh Fruit Salad

#### Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yoghurt, Apple & Strawberry or Real Orange Jelly. Some dishes may vary due to individual school preferences, policies and cultural considerations.