

eats.

AUTUMN/WINTER 24/25

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

Menu



WEEK

1

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

Tomato & Herb
Pasta Bake,
Seasonal Vegetables G;

OPTION 3

Baked Potato

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;

DESSERT

Mousse MI; or Fresh
Fruit or Jelly

TUESDAY

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

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

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

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

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

WEDNESDAY

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

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

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

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

Flapjack G; or Fresh
Fruit or Jelly

THURSDAY

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

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

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

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

Vanilla Crunch G;E; or
Fresh Fruit or Jelly

FRIDAY

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

Vegetable Goujons &
Chips with Beans or
Peas

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

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

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.





WEEK

2

Allergen
key:

May Contain in ()



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P



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Crustaceans
(Shellfish)
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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

Vegetable Pasta
Bolognese, Seasonal
Vegetables G;

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
Jelly

DESSERT

Jelly or Fresh Fruit

TUESDAY

Smokey Jo Chicken,
Rice, Seasonal
Vegetables

BBQ Quorn, Rice,
Seasonal Vegetables

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

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

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

WEDNESDAY

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

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

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
Marble Crunch G;E

Marble Crunch G;E; or
Fresh Fruit or Jelly

THURSDAY

Cottage Pie, Seasonal
Vegetables MI;

Vegetable Frittata,
Seasonal Vegetables E;

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

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

Shortbread Biscuit G; or
Fresh Fruit or Jelly

FRIDAY

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

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

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

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

Iced Sponge G;E; or
Fresh Fruit or Jelly

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Salad Options Available Daily.



WEEK

3

Allergen
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May Contain in ()



Peanuts
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Nuts
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(Shellfish)
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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

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Salad Options Available Daily.