

# eats.

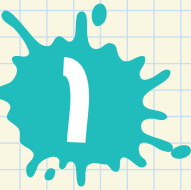
## AUTUMN/WINTER 24/25

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

GLUTEN FREE

Margherita Pizza, Potato  
Wedges, Seasonal  
Vegetables  
MI;

GLUTEN FREE  
DESSERT

Mousse  
MI;

DAIRY FREE

Tomato & Herb Penne  
Pasta Bake, Seasonal  
Vegetables  
G;

DAIRY FREE  
DESSERT

Jelly

VEGAN

Tomato & Herb Penne  
Pasta Bake, Seasonal  
Vegetables  
G;

VEGAN  
DESSERT

Jelly

### TUESDAY

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

Sponge Cake  
E;MI;

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

Sponge Cake  
G;E;

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

Shortbread Biscuit  
G;

### WEDNESDAY

Roast Chicken, Crispy  
Roast Potatoes, Seasonal  
Vegetables, Gravy

Fresh Fruit

Roast Chicken, Crispy  
Roast Potatoes, Seasonal  
Vegetables, Gravy

Flapjack  
G;

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

Flapjack  
G;

### THURSDAY

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

Vanilla Sponge  
E;MI;

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

Vanilla Crunch  
G;E;

Vegan Sausage & Mash,  
Seasonal Vegetables,  
Gravy  
S;

Vanilla Crunch  
G;

### FRIDAY

Fish & Chips with Beans  
or Peas  
F;

Cupcake  
E;MI;

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

Cupcake  
G;E;

Vegetable Goujons &  
Chips with Beans or  
Peas

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

## Menu



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

GLUTEN FREE

Vegetable Pasta  
Bolognaise, Seasonal  
Vegetables

GLUTEN FREE  
DESSERT

Jelly

DAIRY FREE

Vegetable Pasta  
Bolognaise, Seasonal  
Vegetables  
G;

DAIRY FREE  
DESSERT

Jelly

VEGAN

Vegetable Pasta  
Bolognaise, Seasonal  
Vegetables  
G;

VEGAN  
DESSERT

Jelly

### TUESDAY

Smokey Jo Chicken,  
Rice, Seasonal  
Vegetables

Shortbread Biscuit

BBQ Chicken, Rice,  
Seasonal Vegetables

Oaty Fruit Crunch  
G;

BBQ Vegan Quorn  
Fillet, Rice, Seasonal  
Vegetables  
G;

Oaty Fruit Crunch  
G;

### WEDNESDAY

Roast Pork, Crispy Roast  
Potatoes, Seasonal  
Vegetables, Gravy

Sponge Cake  
E;MI;

Roast Pork, Crispy Roast  
Potatoes, Seasonal  
Vegetables, Gravy

Marble Crunch  
G;E;

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

Vanilla Crunch  
G;

### THURSDAY

Cottage Pie, Seasonal  
Vegetables  
MI;

Shortbread Biscuit

Cottage Pie, Seasonal  
Vegetables

Shortbread Biscuit  
G;

Vegetable Cottage Pie,  
Seasonal Vegetables

Shortbread Biscuit  
G;

### FRIDAY

Fish & Chips with Beans  
or Peas  
F;

Iced Sponge  
E;MI;

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

Iced Sponge  
G;E;

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

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

GLUTEN FREE

Margherita Pizza, Potato  
Wedges, Seasonal  
Vegetables  
MI;

GLUTEN FREE  
DESSERT

Mousse  
MI;

DAIRY FREE

Margherita Pizza, Potato  
Wedges, Seasonal  
Vegetables  
G;

DAIRY FREE  
DESSERT

Jelly

VEGAN

Margherita Pizza, Potato  
Wedges, Seasonal  
Vegetables  
G;

VEGAN  
DESSERT

Jelly

### TUESDAY

Breakfast Brunch  
S;SD;E

GF Chocolate Sponge  
E;MI;

Breakfast Brunch  
G;S;SD;E

Chocolate Nest  
G;

Vegan Breakfast Brunch  
G;CE;

Chocolate Nest  
G;

### WEDNESDAY

Roast Beef, Crispy Roast  
Potatoes, Seasonal  
Vegetables, Gravy

Shortbread Biscuit

Roast Beef, Crispy Roast  
Potatoes, Seasonal  
Vegetables, Gravy

Lemon Cookie  
G;

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

Lemon Cookie  
G;

### THURSDAY

Chicken, Mash Potato,  
Seasonal Vegetables,  
Gravy  
MI;

Jelly or Fruit

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

Flapjack  
G;

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

Flapjack  
G;

### FRIDAY

Vegetable Goujon with  
Chips, Beans or Peas

Jam Sponge  
E;MI;

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

Jam Tart  
G;

Quorn Dippers with  
Chips Beans or Peas  
G;

Jam Tart  
G;

Salad Options Available Daily.

