

# eats.

## Autumn/Winter 2022

31st October 22,  
21st November 22,  
12th December 22,  
16th January 23, 6th February 23,  
27th February 23, 20th March 23

WEEK



MONDAY

tuesday

Wednesday

thursday

friday

Main



Vegetable & Bean Cottage Pie with Seasonal Vegetables

Beef and Bean Burger & Herby Diced Potato with Sweetcorn

Mild Chicken Curry and Rice with Peas & sweetcorn

Roast Pork, Yorkshire Pud, Roast Potatoes, Veg and Gravy

Breaded Fish Fingers & Chips with Baked Beans or Peas

Plant Based



Veggie Enchilada with Seasonal Vegetable

Philly Hot Dog with Herby Diced Potato & Sweetcorn

Chickpea and Sweet potato curry with rice, peas and sweetcorn

Roast Quorn Fillet, Yorkshire Pud, Roast Potatoes, Veg and Gravy

Vegan Sausage Roll & Chips with Baked Beans or Peas

Jacket Potato



Baked Beans or Grated Cheese

Grated Cheese and or Baked Beans

Baked Beans and or Grated Cheese

Grated Cheese, and or Baked Beans

Baked Beans and or Grated Cheese

Pack Lunch



Tuna Roll. Tortilla Chips. Veggie Sticks. Fruit Wedge & Bake of the Day

Cheese, Wrap. Cheese Straw. Veggie Sticks. Fruit Wedge & Bake of the Day

Ham, Roll. Tortilla Chips. Veggie Sticks. Fruit Wedge & Bake of the Day

Tuna Wrap. Cheese Straw. Veggie Sticks. Fruit Wedge & Bake of the Day

Pizza Finger. Veggie ticks. Fruit Wedge & Bake of the Day

GF/Dairy free Main



Vegetable & Bean Cottage Pie with Seasonal Vegetables

Beef Burger & Herby Diced Potato with Sweetcorn

Mild Chicken Curry and Rice with Peas and sweetcorn

Roast Pork, Yorkshire Pud, Roast Potatoes, Veg and Gravy

GF Fish Fingers & Chips with Baked Beans or Peas

Dessert



Vanilla Crunch and Custard

Chocolate Sponge & Chocolate Sauce

Oaty Fruit Crunch

Strawberry Mousse

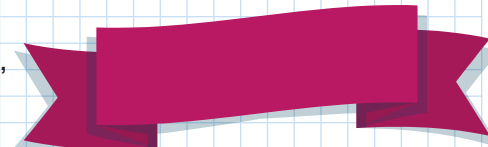
Strawberry Cupcake

GF/Dairy Free dessert options available



# Autumn/Winter 2022

7th November 22,  
28th November 22,  
2nd January 23, 23rd January 23,  
13th February 23,  
6th March 23, 27th March 23



WEEK 2

MONDAY

tuesday

Wednesday

thursday

friday

Main



Margherita Pizza, Potato Wedges

Taste of Suffolk Pork Sausages & Mashed Potato with Seasonal Vegetables

Pasta Bolognese and Garlic Bread

Roast Chicken, Yorkshire Pud, Roast Potatoes, Gravy with Seasonal Veg

Breaded Fish Fingers & Chips with Baked Beans or Peas

Plant Based



Vegetable Lasagne & Garlic Bread

Quorn Sausage & Mashed Potatoes with Seasonal Vegetables

Veggie Chilli Loaded Wedges and Salad

Roast Quorn Fillet, Yorkshire Pud, Roast Potatoes, Veg and Gravy

Quorn Vegan Fishless Finger & Chips with Baked Beans or Peas

Jacket Potato



Baked Beans and or Grated Cheese with Salad Bar

Grated Cheese, and or Baked Beans

Baked Beans and or Grated Cheese

Grated Cheese, and or Baked Beans

Baked Beans or Grated Cheese

Pack Lunch



Tuna Roll. Tortilla Chips Veggie Sticks. Fruit Wedge & Bake of the Day

Cheese Wrap. Cheese Straw. Veggie Sticks. Fruit Wedge & Bake of the Day

Ham Roll. Tortilla Chips. Veggie Sticks. Fruit Wedge & Bake of the Day

Tuna Wrap. Cheese Straw. Veggie Sticks. Fruit Wedge & Bake of the Day

Pizza Finger. Veggie Sticks. Fruit Wedge & Bake of the Day

GF/Dairy free Main



Margherita Pizza, Potato Wedges & Salad

GF Sausage & Mashed Potatoes with Seasonal Vegetables

GF Pasta Bolognese

Roast Chicken, Yorkshire Pud, Roast Potatoes, Gravy with Seasonal Veg

GF Fish Fingers & Chips with Baked Beans or Peas

Dessert



Strawberry Jelly

Strawberry Mousse

Chocolate Sponge and Chocolate Sauce

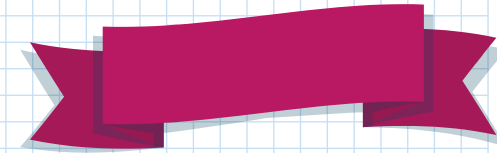
Chocolate Crunch and Custard

Lemon Muffins

Dairy Free dessert options available

# eats. Autumn/Winter 2022

14th November 22,  
5th December 22,  
9th January 23,  
30th January 23,  
20th February 23, 13th March 23



WEEK 3	MONDAY	tuesday	Wednesday	thursday	friday
<b>Main</b> 	Classic Macaroni Cheese with Garlic Bread	Beef Meatballs in a Tomato Sauce with Rice & Peas	BBQ Chicken Melt with Potato Wedges and Peas	Roast Gammon, Yorkshire Pud, Roast Potatoes & Gravy with Veg	Fish Fingers & Chips with Baked Beans or Peas
<b>Plant Based</b> 	Veggie Bean Burger with Mini Baked Potatoes & Peas	Vegetable & Bean Burrito with Salad	Vegetable Bolognese & Garlic Bread	Veggie Toad in the Hole, Roast Potatoes & Gravy with veg	Quorn Southern Style Nuggets & Chips with Baked Beans or Peas
<b>Jacket Potato</b> 	Baked Beans and or Grated Cheese	Grated Cheese, and or Baked Beans	Baked Beans and or Grated Cheese	Grated Cheese, and or Baked Beans	Baked Beans and or Grated Cheese
<b>Pack Lunch</b> 	Tuna Roll. Tortilla Chips. Veggie Sticks. Fruit Wedge & Bake of the Day	Cheese Wrap Cheese Straw. Veggie Sticks. Fruit Wedge & Bake of the Day	Ham Roll. Tortilla Chips. Veggie Sticks. Fruit Wedge & Bake of the Day	Tuna Wrap. Cheese Straw Veggie Sticks. Fruit Wedge & Bake of the Day	. Pizza Finger. Veggie Sticks. Fruit Wedge & Bake of the Day
<b>GF/Dairy free Main</b> 	Macaroni Cheese with Garlic Bread	Beef Meatballs in a Tomato Sauce with Rice & Peas	Dairy Free BBQ Chicken Melt	Roast Gammon, Yorkshire Pud, Roast Potatoes & Gravy with Veg	GF fish Fingers & Chips with Baked Beans or Peas
<b>Dessert</b> 	Fruit of the Forest Mousse	Marble Crunch & Custard	Apple Crumble & Custard	Chocolate Sponge & Chocolate Sauce	Orange Muffin

GF/Dairy Free dessert options available