

eats.

AUTUMN/WINTER 23/24

18th September, 9th October
6th November, 27th November,
18th December, 15th January,
5th February, 4th March,
25th 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

Margherita Pizza, Potato
Wedges & Baked Beans
MI; G; S; (E)

OPTION 2

Vegetable Supreme Pizza,
Potato Wedges & Baked
Beans
MI; G; S; (E)

OPTION 3

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

OPTION 4

Cheese Wrap G; MI
Ham Wrap G

Nachos
Carrot Sticks
Apple
Chocolate Crunch G; E

DESSERT

Chocolate Crunch
G; E

TUESDAY

Sausage & Mashed Potato,
with Peas & Sweetcorn
G; SD; MI

Veggie Sausage & Mashed
Potato with Peas & Sweetcorn
CE; G; MI

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

Cheese Roll G; MI
Ham Roll G

Popcorn,
Cucumber Sticks,
Orange Wedges
Flapjack G; E

Flapjack with Fruit Wedge
G

WEDNESDAY

Beef Meatballs with Italian
Tomato Sauce, Penne Pasta &
Garlic Bread
G; (S)

Tomato & Herb Penne Pasta
with Garlic Bread
G; (S)

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

Cheese Roll G; MI
Ham Roll G

Popcorn
Cucumber Sticks
Honeydew Melon
Victoria Sponge Cake G; E; MI

Victoria Sponge Tray Bake
G; E; MI

THURSDAY

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

Roast Quorn, Roast Potatoes,
Yorkshire Pudding,
Seasonal Vegetables & Gravy
G

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

Cheese Wrap G; MI
Ham Wrap G
Tuna Mayo Wrap G; E; F

Nachos
Carrot Sticks
Watermelon Wedge
Shortbread Biscuit G

Apple Crumble & Custard
G; MI

FRIDAY

Salmon & Sweet Potato
Fishcake OR Battered Fish
Fillet with Chips and Peas or
Baked Beans
G; F

Vegetable Goujons with
Chips, Peas or Baked Beans

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

Cheese Wrap G; MI
Ham Wrap G

Nachos
Carrot Sticks
Apple
Frube Yoghurt MI

Fresh Fruit Selection

Please Refer to Separate Menu for Gluten Free, Dairy Free and Vegan Options.

Available everyday: Salad Options Available Daily.

eats.

AUTUMN/WINTER 23/24

25th September, 16th October,
13th November, 4th December,
2nd January, 22nd January,
12th February, 11th 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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION 1

Margherita Pizza, Potato
Wedges & Baked Beans
MI; G; S (E)

Pork & Apple Burger with
Wedges & Garden Peas
G; SD; S; (SS)

Beef Bolognese with Penne
Pasta & Garlic Bread
CE; G; (S)

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

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

OPTION 2

Vegetable Supreme Pizza,
Potato Wedges &
Baked Beans
MI; G; S (E)

Vegetable Bean Burger, with
Wedges & Garden Peas
G; S; (SS)

Macaroni Cheese &
Garlic Bread
G; MI; (S)

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

Southern Style Quorn
Nuggets with Chips, Peas or
Baked Beans G

OPTION 3

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

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

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

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

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

OPTION 4

Cheese Wrap G; MI
Ham Wrap G
Nachos
Carrot Sticks
Apple
Chocolate Cornflake Nest G

Cheese Roll G; MI
Ham Roll G
Popcorn
Cucumber Sticks
Orange Wedges
Shortbread Biscuit G

Cheese Roll G; MI
Ham Roll G
Popcorn
Cucumber Sticks
Honeydew Melon
Lemon Drizzle Cake G; E

Cheese Wrap G; MI
Ham Wrap G
Tuna Mayo Wrap G; E; F
Nachos
Carrot Sticks
Watermelon Wedge
Frube Yoghurt MI

Cheese Wrap G; MI
Ham Wrap G
Nachos
Carrot Sticks
Apple
Frube Yoghurt MI

DESSERT

Chocolate Cornflake Nest
G

Shortbread Biscuit & Fruit
Wedge G

Lemon Drizzle Sponge Cake
G; E

Fresh Fruit Selection

Ice Cream Sundae
MI

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Available everyday: Salad Options Available Daily.

eats.

AUTUMN/WINTER 23/24

2nd October, 30th October,
20th November, 11th December,
8th January, 29th January,
26th February, 18th March

Menu

WEEK **3**

Allergen key:

May Contain in ()



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION 1

Margherita Pizza, Potato
Wedges & Baked Beans
MI; G; S (E)

Sausage Roll, Mashed
Potatoes & Baked Beans
G; MI; S; SD

Beef Lasagne with Garlic
Bread & Salad
G; E; MI; (S)

Roast Pork, Roast Potatoes,
Stuffing, Seasonal Vegetables
& Gravy
G

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

OPTION 2

Vegetable Supreme Pizza,
Potato Wedges &
Baked Beans
MI; G; S (E)

Vegan Sausage Roll, Mashed
Potatoes & Baked Beans
G; MI; S; SD

Vegetable Pasta Bake with
Garlic Bread & Salad
G; MI; (S)

Roast Quorn, Roast Potatoes,
Stuffing, Seasonal Vegetables
& Gravy
G

Vegetable Goujons with
Chips & Peas or Baked Beans

OPTION 3

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

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

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

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

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

OPTION 4

Cheese Wrap G; MI
Ham Wrap G

Nachos
Carrot Sticks
Apple
Vanilla Crunch G; E

Cheese Roll G; MI
Ham Roll G

Popcorn
Cucumber Sticks
Orange Wedges
Iced Sponge G; E

Cheese Roll G; MI
Ham Roll G

Popcorn
Cucumber Sticks
Honeydew Melon
Oaty Cookie G

Cheese Wrap G; MI
Ham Wrap G
Tuna Wrap G; E; F

Nachos
Carrot Sticks
Watermelon Wedge
Shortbread Biscuit G

Cheese Wrap G; MI
Ham Wrap G

Nachos
Carrot Sticks
Apple
Frube Yoghurt MI

DESSERT

Vanilla Crunch
G; E

Iced Sponge
G; E

Oaty Cookie & Fruit Wedge
G; (MI)

Chocolate Pudding & Sauce
G; E; MI

Fresh Fruit Selection

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