

# 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

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

### THURSDAY

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

### 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

#### 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 Cornflake Nest G

#### DESSERT

Chocolate Cornflake Nest  
G

### TUESDAY

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

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

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

Cheese Roll G; MI  
Ham Roll G

Popcorn  
Cucumber Sticks  
Orange Wedges  
Shortbread Biscuit G

Shortbread Biscuit & Fruit  
Wedge G

### WEDNESDAY

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

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

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  
Frube Yoghurt MI

Fresh Fruit Selection

### THURSDAY

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

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

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

Cheese Roll G; MI  
Ham Roll G

Popcorn  
Cucumber Sticks  
Honeydew Melon  
Lemon Drizzle Cake G; E

Lemon Drizzle Sponge Cake  
G; E

### FRIDAY

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

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

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

Cheese Wrap G; MI  
Ham Wrap G

Nachos  
Carrot Sticks  
Apple  
Frube Yoghurt MI

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 ( )



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  
Vanilla Crunch G; E

#### DESSERT

Vanilla Crunch  
G; E

### TUESDAY

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

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

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

Cheese Roll G; MI  
Ham Roll G

Popcorn  
Cucumber Sticks  
Orange Wedges  
Iced Sponge G; E

Iced Sponge  
G; E

### WEDNESDAY

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

Roast Quorn, Roast Potatoes,  
Stuffing, 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 Wrap G; E; F

Nachos  
Carrot Sticks  
Watermelon Wedge  
Shortbread Biscuit G

Chocolate Pudding & Sauce  
G; E; MI

### THURSDAY

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

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

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

Cheese Roll G; MI  
Ham Roll G

Popcorn  
Cucumber Sticks  
Honeydew Melon  
Oaty Cookie G

Oaty Cookie & Fruit Wedge  
G; (MI)

### FRIDAY

Battered Fish Fillet with  
Chips & 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.