



MONDAY

WEEK ONE

28/10, 18/11, 09/12, 13/01,
03/02, 02/03, 23/03

CHOOSE A MAIN MEAL...

Margherita Pizza
or
Vegetable & Bean
Crumble

ON THE SIDE...

Baked Potato Wedges
Peas & Sweetcorn

FOR DESSERT...

Iced Sponge Tray Bake

TUESDAY

CHOOSE A MAIN MEAL...

Beef Cottage Pie
or
Tomato & Vegetable Pasta
with Garlic Bread

ON THE SIDE...

Carrots & Cabbage

FOR DESSERT...

Hot Chocolate Sponge
Pudding

WEDNESDAY

CHOOSE A MAIN MEAL...

Italian Chicken Meatballs &
Wholemeal Pitta Bread
or
Mexican Quorn &
Rice Tortilla

ON THE SIDE...

Steamed Rice
Mixed Vegetables

FOR DESSERT...

Fruit Filled Chelsea Bun

THURSDAY

CHOOSE A MAIN MEAL...

Roast Pork, Stuffing
& Gravy
or
Veggie Toad-in-the-Hole

ON THE SIDE...

Carrots & Green Beans
Roast Potatoes

FOR DESSERT...

Apple Crumble & Custard

FRIDAY

CHOOSE A MAIN MEAL...

Crispy Baked Fish Fillet
or
Vegan Nuggets

ON THE SIDE...

Oven Baked Chips
Baked Beans & Peas

FOR DESSERT...

A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

WEEK TWO

04/11, 25/11, 16/12, 20/01,
10/02, 09/03, 30/3

CHOOSE A MAIN MEAL...

Mac n' Cheese
or
Crunchy Quorn Burger
& Herb Diced Potatoes

ON THE SIDE...

Green Beans & Carrots

FOR DESSERT...

Fruit Jam & Cornflake Tart
with Ice Cream

CHOOSE A MAIN MEAL...

BBQ Chicken Wrap
with Rice
or
BBQ Quorn & Sweetcorn
Filled Jacket Potato

ON THE SIDE...

Carrots & Broccoli

FOR DESSERT...

Cinnamon Swirl Sponge

CHOOSE A MAIN MEAL...

Sausage & Mash
with Gravy
or
Vegetable Quiche

ON THE SIDE...

Peas & Sweetcorn

FOR DESSERT...

Flapjack Slice &
Fruit Wedge

CHOOSE A MAIN MEAL...

Roast Chicken, Stuffing
& Gravy
or
Quorn Wellington & Gravy

ON THE SIDE...

Roast Potatoes
Carrots & Green Beans

FOR DESSERT...

Sticky Toffee Pudding
& Custard

CHOOSE A MAIN MEAL...

Crispy Baked
Fish Fillet
or
Vegetarian Hot Dog Roll

ON THE SIDE...

Oven Baked Chips
Baked Beans &
Garden Peas

FOR DESSERT...

A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

WEEK THREE

11/11, 02/12, 06/01, 27/01,
24/02, 16/03

CHOOSE A MAIN MEAL...

Tomato & Cheddar
Pizza Whirl
or
Salmon & Sweet Potato
Fishcake

ON THE SIDE...

Herb Diced Potatoes
Peas & Sweetcorn

FOR DESSERT...

Fruit Filled Oaty Crunch

CHOOSE A MAIN MEAL...

Chicken Pasta Bake
or
Butternut Squash
& Pepper Risotto

ON THE SIDE...

Garlic Slice
Mixed Vegetables

FOR DESSERT...

Strawberry Whip
& Shortbread

CHOOSE A MAIN MEAL...

Pork & Apple Burger
in a Bun
or
Vegetable Bean Burger
in a Bun

ON THE SIDE...

Baked Potato Wedges
Green Beans & Carrots

FOR DESSERT...

Raspberry Cupcake

CHOOSE A MAIN MEAL...

Roast Beef, Yorkshire
Pudding & Gravy
or
Shepherdess Pie
& Gravy

ON THE SIDE...

Roast Potatoes
Carrots & Broccoli

FOR DESSERT...

Chocolate Crunch &
Chocolate Custard

CHOOSE A MAIN MEAL...

Crispy Cod Fish Fingers
or
Crunchy Vegetable Fingers

ON THE SIDE...

Oven Baked Chips
Baked Beans and
Garden Peas

FOR DESSERT...

A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

AVAILABLE EVERY DAY -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, strawberry or orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see school's website for details

For information on allergens & intolerances visit www.eats-catering.co.uk