

# 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)
- Subphur 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

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

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

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

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

Fresh Fruit Selection

**Please Refer to Separate Menu for Gluten Free, Dairy Free and Vegan Options.**  
 Available everyday: Salad Options Available Daily.



# éats.

## AUTUMN/WINTER 23/24

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

# Menu



**Allergen key:**  
May Contain in ( )

	Peanuts (P)		Nuts (N)		Crustaceans (Shellfish) (CF)		Molluscs (Shellfish) (MF)		Fish (F)		Eggs (E)		Milk (MI)		Cereals containing Gluten (G)		Soya (S)		Sesame seeds (SS)		Celery (CE)		Mustard (MU)		Lupin (L)		Sulphur Dioxide (SD)
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### 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

**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

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

Fresh Fruit Selection

### THURSDAY

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

Macaroni Cheese & Carlic Bread  
G, MI; (S)

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

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

Ice Cream Sundae  
MI

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# AUTUMN/WINTER 23/24

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

# Menu



**Allergen key:**

	<b>Peanuts (P)</b>		<b>Eggs (E)</b>		<b>Fish (F)</b>		<b>Molluscs (Shellfish) (MO)</b>		<b>Crustaceans (Shellfish) (CR)</b>		<b>Nuts (N)</b>		<b>Cereals containing Gluten (G)</b>		<b>Soya (S)</b>		<b>Sesame seeds (SS)</b>		<b>Celery (CE)</b>		<b>Mustard (MU)</b>		<b>Lupin (L)</b>		<b>Sulphur Dioxide (SD)</b>
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May Contain in ( )

## MONDAY

**OPTION 1**

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

**OPTION 2**

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

**OPTION 3**

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

**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

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

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

Oaty Cookie & Fruit Wedge  
G; (MI)

## FRIDAY

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

Vegetable Courjons with Chips & Peas or Baked Beans

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

Fresh Fruit Selection

**Please Refer to Separate Menu for Gluten Free, Dairy Free and Vegan Options.**  
Available everyday. Salad Options Available Daily.