

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

Menu

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN



Vegetable & Bean
Cottage Pie with
Seasonal Vegetables

Beef Burger & Herby
Diced Potato with
Sweetcorn

Roast Pork, Yorkshire
Pud, Roast Potatoes,
Seasonal Vegetables &
Gravy

Mild Chicken Curry
& Rice with Peas &
Sweetcorn

Breaded Fish Fingers &
Chips with Baked Beans
or Peas

PLANT
BASED



Veggie Enchilada
with Seasonal
Vegetables

Philly Hot Dog with
Herby Diced Potato &
Sweetcorn

Roast Quorn Fillet,
Yorkshire Pud, Roast
Potatoes, Seasonal
Vegetables & Gravy

Chickpea & Sweet
Potato Curry with Rice,
Peas & Sweetcorn

Vegan Sausage Roll &
Chips with Baked Beans
or Peas

PACK
LUNCH



Ham, Cheese or Tuna
Roll, Tortilla Chips,
Veggie Sticks,
Fruit Wedge &
Bake of the Day

Ham, Cheese or Tuna
Wrap, Cheese Straw,
Veggie Sticks,
Fruit Wedge &
Bake of the Day

Ham, Cheese or Tuna
Roll, Tortilla Chips,
Veggie Sticks,
Fruit Wedge &
Bake of the Day

Ham, Cheese or Tuna
Wrap, Cheese Straw,
Veggie Sticks,
Fruit Wedge &
Bake of the Day

Ham, Cheese or Tuna
Roll, Pizza Finger, Veggie
Sticks, Fruit Wedge &
Bake of the Day

GF/DAIRY
FREE
MAIN



Vegetable & Bean
Cottage Pie with
Seasonal Vegetables

Beef Burger & Herby
Diced Potato with
Sweetcorn

Roast Pork, Yorkshire
Pud, Roast Potatoes,
Seasonal Vegetables &
Gravy

Mild Chicken Curry
& Rice with Peas &
Sweetcorn

GF Fish Fingers & Chips
with Baked Beans or
Peas

DESSERT



Vanilla Crunch and
Custard

Chocolate Sponge &
Chocolate Sauce

Strawberry Muffin

Oaty Fruit Crunch &
Custard

Fruit of the Forest
Mousse

GF/Dairy free dessert options available

eats.

AUTUMN/WINTER 2022

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

Menu

WEEK 2

MONDAY

TUESDAY

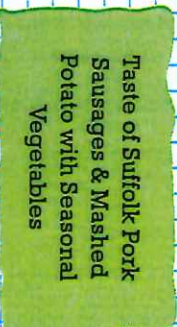
WEDNESDAY

THURSDAY

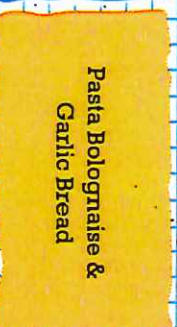
FRIDAY



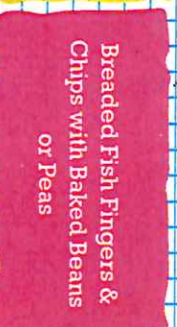
MAIN
Margherita Pizza, Potato Wedges & Coleslaw



MAIN
Taste of Suffolk Pork Sausages & Mashed Potato with Seasonal Vegetables



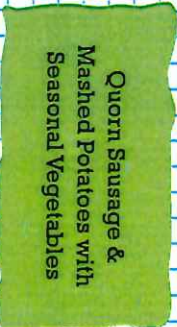
MAIN
Roast Chicken, Yorkshire Pudding, Roast Potatoes & Gravy with Seasonal Vegetables



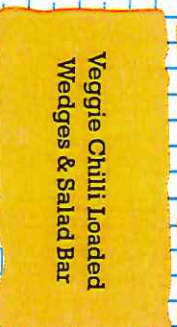
MAIN
Pastina Bolognese & Garlic Bread



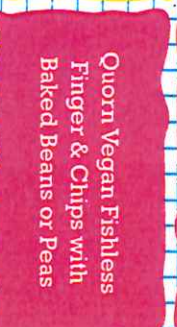
PLANT BASED
Vegetable Lasagne & Garlic Bread



PLANT BASED
Quorn Sausage & Mashed Potatoes with Seasonal Vegetables



PLANT BASED
Roast Quorn Fillet, Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy



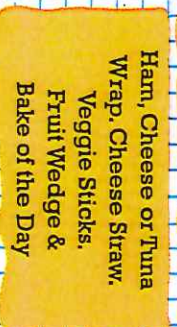
PLANT BASED
Veggie Chilli Loaded Wedges & Salad Bar



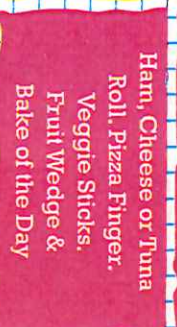
PACK LUNCH
Ham, Cheese or Tuna Roll, Tortilla Chips, Veggie Sticks, Fruit Wedge & Bake of the Day



PACK LUNCH
Ham, Cheese or Tuna Wrap, Cheese Straws, Veggie Sticks, Fruit Wedge & Bake of the Day



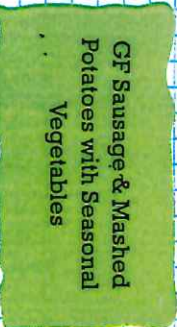
PACK LUNCH
Ham, Cheese or Tuna Roll, Pizza Finger, Veggie Sticks, Fruit Wedge & Bake of the Day



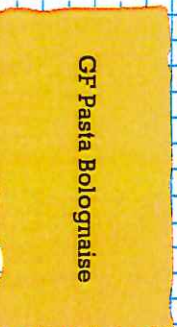
PACK LUNCH
GF Pasta Bolognese



GF/DAIRY FREE MAIN
Margherita Pizza, Potato Wedges & Salad



GF/DAIRY FREE MAIN
GF Sausage & Mashed Potatoes with Seasonal Vegetables



GF/DAIRY FREE MAIN
Roast Chicken, Yorkshire Pudding & Gravy with Seasonal Vegetables



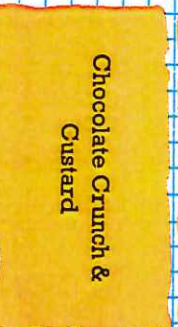
GF/DAIRY FREE MAIN
GF Fish Fingers & Chips with Baked Beans or Peas



DESSERT
Chocolate Sponge & Chocolate Sauce



DESSERT
Lemon Muffin



DESSERT
Fruit of the Forest Mousse



DESSERT
Chocolate Crunch & Custard

GF/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

Menu

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN



Classic Macaroni
Cheese with Carlic
Bread

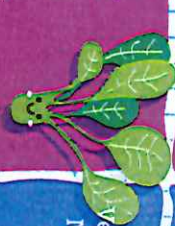
Beef Meatballs in a
Tomato Sauce with Rice
& Peas

Roast Gammon,
Yorkshire Pud, Roast
Potatoes & Gravy with
Seasonal Vegetables

BBQ Chicken Melt with
Potato Wedges & Peas

Salmon Fish Fingers &
Chips with Baked Beans
or Peas

PLANT
BASED



Veggie Bean Burger with
Mini Baked Potatoes &
Peas

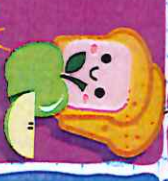
Vegetable & Bean
Burrito with Salad

Veggie Toad in the
Hole, Roast Potatoes &
Gravy with Seasonal
Vegetables

Vegetable Bolognais &
Garlic Bread

Quorn Southern Style
Nuggets & Chips with
Baked Beans or Peas

PACK
LUNCH



Ham, Cheese or Tuna
Roll, Tortilla Chips,
Veggie Sticks,
Fruit Wedge &
Bake of the Day

Ham, Cheese or Tuna
Wrap, Cheese Straw,
Veggie Sticks,
Fruit Wedge &
Bake of the Day

Ham, Cheese or Tuna
Roll, Tortilla Chips,
Veggie Sticks,
Fruit Wedge &
Bake of the Day

Ham, Cheese or Tuna
Wrap, Cheese Straw,
Veggie Sticks,
Fruit Wedge &
Bake of the Day

Ham, Cheese or Tuna
Roll, Pizza Finger, Veggie
Sticks, Fruit Wedge &
Bake of the Day

GF/DAIRY
FREE
MAIN



Macaroni Cheese with
Garlic Bread

Beef Meatballs in a
Tomato Sauce with
Rice & Peas

Roast Gammon,
Yorkshire Pud, Roast
Potatoes & Gravy with
Seasonal Vegetables

Dairy Free BBQ Chicken
Melt

GF fish Fingers & Chips
with Baked Beans or
Peas

DESSERT



Fruit of the Forest
Mousse

Marble Crunch &
Custard

Fruit Crumble & Custard

Orange Muffin

Chocolate Sponge &
Ice-cream

GF/Dairy free dessert options available