

# eats.

## SPRING/SUMMER 2023

17th April, 8th May, 5th June,  
26th June, 17th July,  
18th September, 9th October

## 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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

MAIN



Cheese & Tomato Pizza  
with Potato Wedges &  
Seasonal Vegetables  
G; E; MI; S

Beef Meatballs in a Rich  
Tomato Sauce with 50/50  
Penne Pasta &  
Garlic Bread  
G; SD; S

Roast Pork with  
Yorkshire Pudding, Seasonal  
Vegetables & Gravy  
G; E; MI

Mild Chicken Curry with  
50/50 Rice & Naan  
G; MI

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

VEGETARIAN



Garden Vegetable Goujons  
with Potato Wedges &  
Seasonal Vegetables

Vegetable Pasta Bake with  
Garlic Bread  
G; S; MI

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

Quorn Curry & 50/50 Rice  
& Naan  
G; MI; E

Vegetarian Sausages  
& Chips with Baked Beans  
or Peas  
G; CE

GF/DAIRY  
FREE  
MAIN



Cheese & Tomato Pizza  
with Potato Wedges &  
Seasonal Vegetables

Beef Meatballs in a Rich  
Tomato Sauce with 50/50  
Penne Pasta &  
Garlic Bread  
S; SD

Roast Pork with  
Yorkshire Pudding,  
Seasonal Vegetables  
& Gravy

Quorn Curry & 50/50 Rice  
& Seasonal Vegetables

GF Breaded Fish Fingers  
& Chips with Baked Beans  
& Peas  
F

DESSERT



Vanilla Crunch & Custard  
G; E

Strawberry Mousse &  
Baked Cookie  
G; E; MI

Chocolate Crunch & Custard  
G; E

Mandarin Orange Jelly &  
Ice-Cream  
MI

Pips Organic Lolly

PACK  
LUNCH



Ham Roll G  
Cheese Roll M; G  
Tuna Mayo Roll G; E; F

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

Tuna Mayo Roll G; E; F  
Cheese Roll M; G  
Ham Roll G

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

Tuna Mayo Roll G; E; F  
Cheese Roll M; G  
Ham Roll G

Tortilla Chips  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Cheese Swirls M; E; G  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Tortilla Chips  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Cheese Swirls M; E; G  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Tortilla Chips  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day



JACKET POTATO

GF/Dairy Free dessert options available. Freshly Baked Bread and Salad Options Available Daily

Available everyday: Jacket Potatoes with a choice of toppings, Cheese M, Tuna Mayo F; M; E or Baked Beans with Salad Garnish.

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

MAIN

Vegetable Chilli with  
50/50 Rice  
CE; S

Cheesy Chicken Melt  
with 50/50 Rice &  
Seasonal Vegetables  
MI

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

Taste of Suffolk Pork  
Sausages, Mashed Potato  
& Gravy with  
Seasonal Vegetables  
G; SD

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

VEGETARIAN

Roasted Vegetable  
Enchiladas with  
Herby Diced Potatoes  
MI; G

Philly Hot Dog with 50/50  
Rice & Seasonal Vegetables  
G; (SS)

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

Vegetable Sausages &  
Mashed Potato with  
Seasonal Vegetables  
G; CE

Quorn Fishless Fingers &  
Chips with Baked Beans  
or Peas  
G

GF/DAIRY  
FREE  
MAIN

Vegetable Chilli with  
50/50 Rice  
CE; S

Cheesy Chicken Melt  
with 50/50 Rice &  
Seasonal Vegetables

Roast Chicken with  
Yorkshire Pudding,  
Seasonal Vegetables  
& Gravy

GF Sausages & Mashed  
Potato with  
Seasonal Vegetables  
S; SD

GF Fish Fingers & Chips  
with Baked Beans or Peas  
F

DESSERT

Lemon Drizzle Cake  
G; E

Chocolate Moouse with  
Baked Cookie  
MI; E; G

Toffee Apple Crumble  
& Custard  
G; MI

Strawberry Jelly  
& Ice-Cream  
MI

Pips Organic Lolly

PACK  
LUNCH

Ham Roll G  
Cheese Roll M; G  
Tuna Mayo Roll G; E; F

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

Tuna Mayo Roll G; E; F  
Cheese Roll M; G  
Ham Roll G

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

Tuna Mayo Roll G; E; F  
Cheese Roll M; G  
Ham Roll G

Tortilla Chips  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Cheese Swirls M; E; G  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Tortilla Chips  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Cheese Swirls M; E; G  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Tortilla Chips  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

GF/Dairy Free dessert options available. Freshly Baked Bread and Salad Options Available Daily

JACKET POTATO

Available everyday: Jacket Potatoes with a choice of toppings, Cheese M, Tuna Mayo F; M; E or Baked Beans with Salad Garnish.

# eats.

## SPRING/SUMMER 2023

1st May, 22nd May,  
19th June, 3rd July,  
11th September, 2nd October

### 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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

MAIN

Classic Macaroni Cheese  
with Garlic Bread  
MI; G; S

Pork Burger with Potato  
Wedges & Peas or  
Sweetcorn  
G; SD; (SS)

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

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

Salmon & Sweet Potato Fish  
Cakes & Chips with  
Baked Beans or Peas  
F; G

VEGETARIAN

Vegetable & Bean Burrito  
G; MU

Vegetable Burger with  
Herby Diced Potatoes &  
Seasonal Vegetables  
(SS)

Vegan Toad in the Hole  
with Seasonal Vegetables  
& Roast Potatoes  
G

Italian Tomato Pasta  
with Garlic Bread  
G; S

Quorn Southern Fried  
Vegan Nuggets & Chips with  
Baked Beans or Peas  
G

GF/DAIRY  
FREE  
MAIN

Classic Macaroni Cheese  
with Garlic Bread

Vegetable Burger with  
Herby Diced Potatoes &  
Seasonal Vegetables

Roast Chicken with Yorkshire  
Pudding,  
Seasonal Vegetables  
& Gravy

Beef Bolognese with  
Penne Pasta &  
Garlic Bread  
CE; S

GF Fishcakes & Chips with  
Baked Beans or Peas  
G; F

DESSERT

Orange Muffin  
MI; E; G

Victoria Sponge  
MI; G; E

Peach Melba Crumble  
& Ice-Cream  
G; MI

Chocolate Sponge with  
Ice-Cream  
E; MI; G

Pips Organic Lolly

PACK  
LUNCH

Ham Roll G  
Cheese Roll M; G  
Tuna Mayo Roll G; E; F

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

Tuna Mayo Roll G; E; F  
Cheese Roll M; G  
Ham Roll G

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

Tuna Mayo Roll G; E; F  
Cheese Roll M; G  
Ham Roll G

Tortilla Chips  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Cheese Swirls M; E; G  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Tortilla Chips  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Cheese Swirls M; E; G  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

Tortilla Chips  
Veggie Sticks  
Fruit Wedge  
Dessert of the Day

GF/Dairy Free dessert options available. Freshly Baked Bread and Salad Options Available Daily

JACKET POTATO

Available everyday: Jacket Potatoes with a choice of toppings, Cheese M, Tuna Mayo F; M; E or Baked Beans with Salad Garnish.