

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



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

JACKET
POTATO



Baked Beans or Grated
Cheese with Salad Bar

Grated Cheese, Baked
Beans or Tuna Mayo with
Salad Bar

Baked Beans or Grated
Cheese with Salad Bar

Grated Cheese, Baked
Beans or Tuna Mayo with
Salad Bar

Baked Beans or Grated
Cheese with Salad Bar

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

Taste of Suffolk Pork Sausages & Mashed Potato with Seasonal Vegetables

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

Pasta Bolognese & Garlic Bread

Breaded Fish Fingers & Chips with Baked Beans or Peas

PLANT BASED



Vegetable Lasagne & Garlic Bread

Quorn Sausage & Mashed Potatoes with Seasonal Vegetables

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

Veggie Chilli Loaded Wedges & Salad Bar

Quorn Vegan Fishless Finger & Chips with Baked Beans or Peas

JACKET POTATO



Baked Beans or Grated Cheese with Salad Bar

Grated Cheese, Baked Beans or Tuna Mayo with Salad Bar

Baked Beans or Grated Cheese with Salad Bar

Grated Cheese, Baked Beans or Tuna Mayo with Salad Bar

Baked Beans or Grated Cheese with Salad Bar

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



Margherita Pizza, Potato Wedges & Salad

GF Sausage & Mashed Potatoes with Seasonal Vegetables

Roast Chicken, Yorkshire Pud & Gravy with Seasonal Vegetables

GF Pasta Bolognese

GF Fish Fingers & Chips with Baked Beans or Peas

DESSERT



Chocolate Sponge & Chocolate Sauce

Lemon Muffin

Fruit of the Forest Mousse

Chocolate Crunch & Custard

Orange Jelly & Ice-Cream

GF/Dairy Free dessert options available

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN



Classic Macaroni
Cheese with Garlic
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 Bolognese &
Garlic Bread

Quorn Southern Style
Nuggets & Chips with
Baked Beans or Peas

JACKET
POTATO



Baked Beans or Grated
Cheese with Salad Bar

Grated Cheese, Baked
Beans or Tuna Mayo with
Salad Bar

Baked Beans or Grated
Cheese with Salad Bar

Grated Cheese, Baked
Beans or Tuna Mayo with
Salad Bar

Baked Beans or Grated
Cheese with Salad Bar

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