

# eats.

## SPRING/SUMMER 24

15th April, 6th May, 3rd June  
24th June, 15th July  
16th September, 7th 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

**OPTION 1**  
Main Dish

Margherita Pizza, Potato Wedges, Seasonal Vegetables G;MI;S;(E)

Hot Dog with Herby Diced Potatoes, Seasonal Vegetables G;SD;(S);(SS)

Roast Chicken, Crispy Roast Potatoes, Seasonal Vegetables, Gravy

Chicken Curry with Rice and Naan Bread, Seasonal Vegetables CE;G;

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

**OPTION 2**  
Alternative Dish

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

Veggie Hot Dog with Herby Diced Potatoes, Seasonal Vegetables G;CE;(S);(SS)

Roast Quorn, Crispy Roast Potatoes, Seasonal Vegetables, Gravy G;

Vegetable Curry with Rice, Seasonal Vegetables CE;

Vegetable Goujons & Chips with Beans or Peas

**OPTION 3**  
Baked Potato

Baked Potato with Grated Cheese MI; or Baked Beans; or Tuna Mayo E;F; & Salad

Baked Potato with Grated Cheese MI; or Baked Beans; or Tuna Mayo E; F; & Salad

Baked Potato with Grated Cheese MI; or Baked Beans or Tuna Mayo E;F & Salad

Baked Potato with Grated Cheese MI; or Baked Beans; or Tuna Mayo E;F; & Salad

n/a

**OPTION 4**  
Packed Lunch

Cheese Wrap MI;G or Ham Wrap G; or Tuna Wrap (F) Nachos (S) Carrot Sticks & Apple Wedge Frube Yoghurt MI

Cheese Roll MI;G or Ham Roll G; or Tuna Roll (F) Popcorn Cucumber Sticks & Satsuma Shortbread Biscuit G

Cheese Wrap MI;G or Ham Wrap G; or Tuna Wrap E;F;G Nachos (S) Carrot Sticks & Apple Wedge Flapjack G;

Cheese Roll MI;G or Ham Roll G; or Tuna Roll (F) Popcorn Cucumber Sticks & Satsuma Vanilla Crunch G;E

Cheese Wrap MI;G or Ham Wrap G; or Tuna Wrap (F) Nachos (S) Carrot Sticks & Apple Wedge Cupcake G;E

**DESSERT**

Ice Cream Sundae MI; or Fresh Fruit or Jelly

Shortbread Biscuit G; or Fresh Fruit or Jelly

Flapjack G; or Fresh Fruit or Jelly

Vanilla Crunch G;E; or Fresh Fruit or Jelly

Cupcake G;E; or Fresh Fruit or Jelly

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





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

#### OPTION 1

Main Dish

Margherita Pizza, Potato Wedges, Seasonal Vegetables G;MI;S;(E)

#### OPTION 2

Alternative Dish

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

#### OPTION 3

Baked Potato

Baked Potato with Grated Cheese MI; or Baked Beans; or Tuna Mayo E;F; & Salad

#### OPTION 4

Packed Lunch

Cheese Wrap MI;G or Ham Wrap G; or Tuna Wrap (F) Nachos (S) Carrot Sticks & Apple Wedge Iced Sponge G;E;

#### DESSERT

Iced Sponge G;E; or Fresh Fruit or Jelly

### TUESDAY

Breaded Chicken Steak, Herby Diced Potatoes, Salad G;

Southern Style Quorn, Herby Diced Potatoes, Salad G;E;MI

Baked Potato with Grated Cheese MI; or Baked Beans; or Tuna Mayo E; F; & Salad

Cheese Roll MI;G or Ham Roll G; or Tuna Roll (F) Popcorn Cucumber Sticks & Satsuma Jelly

Ice Cream Sundae MI; or Fresh Fruit or Jelly

### WEDNESDAY

Roast Pork, Crispy Roast Potatoes, Seasonal Vegetables, Gravy

Roast Quorn, Crispy Roast Potatoes, Seasonal Vegetables, Gravy G;

Baked Potato with Grated Cheese MI; or Baked Beans or Tuna Mayo E;F & Salad

Cheese Wrap G;MI; or Ham Wrap G; or Tuna Wrap G;E;F Nachos(S) Carrot Sticks & Apple Wedge Frube Yoghurt MI;

Chocolate Cookie G; or Fresh Fruit or Jelly

### THURSDAY

Sweet & Sour Chicken with Rice, Seasonal Vegetables CE;

Vegetable Chow Mein, Seasonal Vegetables G;E;S;SD;

Baked Potato with Grated Cheese MI; or Baked Beans; or Tuna Mayo E;F; & Salad

Cheese Roll MI;G or Ham Roll G; or Tuna Roll (F) Popcorn Cucumber Sticks & Satsuma Shortbread Biscuit G;

Shortbread Biscuit G; or Fresh Fruit or Jelly

### FRIDAY

Fish Fingers & Chips with Baked Beans or Peas G;F;

Vegetable Spring Roll & Chips with Baked Beans or Peas G;S;SS

n/a

Cheese Wrap MI;G or Ham Wrap G; or Tuna Wrap (F) Nachos (S) Carrot Sticks & Apple Wedge Lemon Drizzle Cake G;E;

Lemon Drizzle Cake G;E; or Fresh Fruit or Jelly

Please Refer to Separate Menu for Gluten Free, Dairy Free and Vegan Options.

Available everyday: Salad Options Available Daily.



# eats.

## SPRING/SUMMER 24

29th April, 20th May, 17th June,  
8th July, 9th September,  
30th September, 21st 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

#### OPTION 1

Main Dish

Margherita Pizza, Potato Wedges, Seasonal Vegetables G;MI;S;(E)

#### OPTION 2

Alternative Dish

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

#### OPTION 3

Baked Potato

Baked Potato with Grated Cheese MI; or Baked Beans; or Tuna Mayo E;F; & Salad

#### OPTION 4

Packed Lunch

Cheese Wrap MI;G or Ham Wrap G; or Tuna Wrap (F) Nachos (S) Carrot Sticks & Apple Wedge Frube Yoghurt MI;

#### DESSERT

Ice Cream Sundae MI;

### TUESDAY

Breakfast Brunch G;SD;E;

Vegan Breakfast Brunch G;CE

Baked Potato with Grated Cheese MI; or Baked Beans; or Tuna Mayo E; F; & Salad

Cheese Roll MI;G or Ham Roll G; or Tuna Roll (F) Popcorn Cucumber Sticks & Satsuma Chocolate Nest G;

Chocolate Nest G; or Fresh Fruit or Jelly

### WEDNESDAY

Roast Chicken, Crispy Roast Potatoes, Seasonal Vegetables, Gravy

Roast Quorn, Crispy Roast Potatoes, Seasonal Vegetables, Gravy G;

Baked Potato with Grated Cheese MI; or Baked Beans or Tuna Mayo E;F & Salad

Cheese Wrap G;MI; or Ham Wrap G; or Tuna Wrap G;E;F Nachos(S) Carrot Sticks & Apple Wedge Chocolate Cookie G;

Chocolate Cookie G; or Fresh Fruit or Jelly

### THURSDAY

BBQ Chicken Wrap with Rice, Seasonal Vegetables G;

BBQ Quorn Taco with Rice, Seasonal Vegetables E;

Baked Potato with Grated Cheese MI; or Baked Beans; or Tuna Mayo E;F; & Salad

Cheese Roll MI;G or Ham Roll G; or Tuna Roll (F) Popcorn Cucumber Sticks & Satsuma Fruit Muffin G;E;

Fruit Muffin G;E; or Fresh Fruit or Jelly

### FRIDAY

Chicken Dippers & Chips, Beans or Peas G;CE;

Quorn Dippers & Chips Beans or Peas G;

n/a

Cheese Wrap MI;G or Ham Wrap G; or Tuna Wrap (F) Nachos (S) Carrot Sticks & Apple Wedge Chocolate Crunch G;E;

Chocolate Crunch G;E; or Fresh Fruit or Jelly

Please Refer to Separate Menu for Gluten Free, Dairy Free and Vegan Options.

Available everyday: Salad Options Available Daily.

