

eats.

Week 3

Week Three commencing:

12th November, 3rd December, 31st December,
21st January 2019, 11th February 2019,
11th March 2019, 1st April 2019

Monday

NEW

Crunchy Quorn Burger
with Herb Diced Potatoes
or
Loaded Jacket Potato with Tomato,
Baked Beans & Cheddar Cheese

Peas & Sweetcorn

Cocoa & Vanilla Marble Sponge

Tuesday

Local Pork Sausages,
Mashed Potato & Gravy
or
Cheesy Lentil & Parsnip Bake

NEW

Carrots & Green Beans

Apple & Blackberry Crumble
with Custard

Wednesday

NEW

Mild Chicken Tikka with Steamed Rice
& Naan Bread
or
Vegetable Lasagne

Broccoli & Sweetcorn

Carrot, Orange & Banana Cake
with Custard

Thursday

Roast Beef, Yorkshire Pudding & Gravy
or
Vegetarian Shepherdess Pie

Roast Potatoes
Carrots & Cabbage

Fruity Thursday – A choice of Fruit Jelly,
Fruit Yoghurt or Fresh fruit

**Low
SUGAR**

NEW

Friday

Baked Fish Fingers
or
Quorn Hot Dog

Oven Baked Chips
Baked Beans & Garden Peas

Chocolate Coconut Tart

**Low
SUGAR**

NEW

Available every day –

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch – see schools website for details

For information on allergens & intolerances visit www.eats-catering.co.uk