

eats.

Week 3

Week Three commencing:

6th May, 3rd June, 24th June,
15th July, 4th September,
30th September

Monday

Tomato & Cheddar Pizza Whirl
or
Salmon & Sweet Potato Fishcake

Herb Diced Potatoes
Mixed Vegetables

Fruit Swirl Cake

Wednesday

Smokey Joe Chicken
or
Tomato & Cheddar Quiche

New Potatoes
Green Beans & Sweetcorn

Oaty Apple Crumble & Custard

Low
SUGAR

Thursday

Roast Beef with
Yorkshire Pudding & Gravy
or
Vegetarian Sausage 'Under Wraps' &
Gravy

Roast Potatoes
Broccoli & Carrots

Raspberry Ripple Ice Cream Pot

Low
SUGAR

Tuesday

Baked Sausages with
Mashed Potato & Gravy
or
Quorn & Vegetable Paella

Carrots & Peas

Strawberry Mousse & Shortbread

NEW

Friday

Crispy Baked Fish Fillet
or
Crunchy Vegetable Fingers

Oven Baked Chips
Baked Beans & Garden Peas

Fruity Friday - A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

Low
SUGAR

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 school's website for details

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