

# eats.

## Week 1

### Week One commencing:

22nd April, 13th May, 10th June,  
1st July, 22nd July,  
16th September, 7th October

### Monday

Margherita Pizza  
or  
Pasta Spirals in Tomato Sauce  
with Garlic Bread

Side Salad or  
Peas & Sweetcorn

100% Fruit Ice Lolly

Low  
SUGAR

### Tuesday

Pork & Apple Burger in a Bun  
or  
Southern Style Quorn Burger in a Bun

Baked Potato Wedges  
Mixed Vegetables

Oat Cookie & Fresh Fruit Wedge

Low  
SUGAR

### Thursday

Roast Loin of Pork with  
Stuffing & Gravy  
or  
Cheese & Potato Pie

Roast Potatoes  
Cabbage & Carrots

Raspberry Apple Cake & Custard

### Wednesday

Chicken & Gravy Pie with  
Diced Potatoes  
or  
Vegetarian Bolognese & Pasta

Peas & Carrots

Chocolate Brownie  
& Vanilla Ice Cream

NEW

NEW

### Friday

Crispy Baked Fish fillet  
or  
Vegetarian Hotdog Roll

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](http://www.eats-catering.co.uk)