

# eats.

## Week 1

### Week One commencing:

29th October, 19th November, 10th December,  
7th January 2019, 28th January 2019,  
25th February 2019, 18th March 2019

### Monday

Sweet Potato & Salmon Fishcake  
or  
Cheese & Tomato Pizza Whirl

Herb Diced Potatoes  
Cauliflower & Carrots

Raspberry Apple Cake

Low  
SUGAR

### Tuesday

Beef Lasagne & Garlic Bread  
or  
Vegetable Crumble & Garlic Bread

Peas & Carrots

Macaroon Tart

NEW

NEW

### Thursday

Roast Loin of Pork, Stuffing & Gravy  
or  
Vegetarian Toad-in-the-Hole & Gravy

Roast Potatoes  
Carrots & Cabbage

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

Low  
SUGAR

NEW

### Wednesday

Chicken Meatballs with Tomato Sauce  
& Steamed Rice or Pasta

or  
Carrot & Leek Cheese Slice

Broccoli & Sweetcorn

Apricot Layer Shortbread

Low  
SUGAR

NEW

### Friday

Crispy Baked Fish fillet  
or  
Vegan Chicken Style Nuggets

Oven Baked Chips  
Baked Beans & Garden Peas

Vanilla & Chocolate Crunch

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