

eats.

Week 2

Week Two commencing:

5th November, 26th November, 17th December,
14th January 2019, 4th February 2019,
4th March 2019, 25th March 2019

Monday

Italian Tomato Pasta
with Cheesy Garlic Slice
or
Mac n' Cheese with Wholemeal Bread

Sweetcorn & Broccoli

Eve's Pudding with Custard

NEW

Tuesday

Lamb & Potato Bake
or
Cauliflower & Sweet Potato Bake

Carrots & Peas

Strawberry Whip with a
Mini Shortbread Biscuit

NEW

Thursday

Roast Chicken, Stuffing & Gravy
or
Vegetarian Sausage 'Under Wraps'
& Gravy

Roast Potatoes
Carrots & Cabbage

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

NEW

**Low
SUGAR**

Wednesday

Beef & Tomato Grill in a Homemade Bun
with Jacket Wedges
or
Vegetable Enchilada with Steamed Rice

Mixed Vegetables

Jam Roly Poly & Custard

**Low
SUGAR**

Friday

Crispy Baked Fish Fillet
or
Crunchy Vegetable Fingers

Oven Baked Chips
Baked Beans & Garden Peas

Chocolate Brownie

**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 schools website for details

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