

eats.

AUTUMN/WINTER 2019/2020

Menu

Dug

Bella

Becky

Responsible Recycling

Looking after the Environment

A key focus for Eats is, and will continue to be the reduction of single use plastics within our schools. New initiatives are being trialled and we are working closely with our suppliers to find the best solution. We have taken the opportunity to produce this terms menu on 1 single A4 sheet of paper to demonstrate our commitment to sustainability. We also have a black and white version of this menu available on our website to save on colour ink when printing at home.

Eats Gallery

Take a look at a couple of photos of our dishes from our menu. Photographs of all our dishes can be found on our website eats-catering.co.uk



Peas Please Pledge

Great News! Since signing up to this initiative we have managed to increase our customer consumption of vegetables by an additional 72,232 portions. We will continue to support and promote healthy eating within our schools.

Peas Please
Making a pledge for more veg

Allergens and Intolerances

Please visit our Eats website for all Allergen information relating to our menus. www.eats-catering.co.uk



Henrietta

Free School Meals

Did you know that Free School Meals are available to all children in Reception, year 1 and year 2 classes. Simply contact your school and enquire how to book your child's lunch, saving you an average of £432.00 per year.

Newton



WEEK ONE

23/10, 18/11, 09/12, 13/01,
03/02, 02/03, 23/03

MONDAY

CHOOSE A MAIN MEAL...

Margherita Pizza
or
Vegetable & Bean
Crumble

ON THE SIDE...

Baked Potato Wedges
Peas & Sweetcorn
FOR DESSERT...
Iced Sponge Tray Bake

TUESDAY

CHOOSE A MAIN MEAL...

Beef Cottage Pie
or
Tomato & Vegetable Pasta
with Garlic Bread

ON THE SIDE...

Carrots & Cabbage
FOR DESSERT...
Hot Chocolate Sponge
Pudding

WEDNESDAY

CHOOSE A MAIN MEAL...

Italian Chicken Meatballs &
Wholemeal Pitta Bread
or
Mexican Quorn &
Rice Tortilla

ON THE SIDE...

Steamed Rice
Mixed Vegetables
FOR DESSERT...
Fruit Filled Chelsea Bun

THURSDAY

CHOOSE A MAIN MEAL...

Roast Pork, Stuffing
& Gravy
or
Veggie Toad-in-the-Hole

ON THE SIDE...

Carrots & Green Beans
Roast Potatoes
FOR DESSERT...
Apple Crumble & Custard

FRIDAY

CHOOSE A MAIN MEAL...

Crispy Baked Fish Fillet
or
Vegan Nuggets

ON THE SIDE...

Oven Baked Chips
Baked Beans & Peas
FOR DESSERT...
A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

WEEK TWO

04/11, 25/11, 16/12, 20/01,
10/02, 09/03, 30/3

CHOOSE A MAIN MEAL...

Mac n' Cheese
or
Crunchy Quorn Burger
& Herb Diced Potatoes

ON THE SIDE...

Green Beans & Carrots
FOR DESSERT...
Fruit Jam & Cornflake Tart
with Ice Cream

CHOOSE A MAIN MEAL...

BBQ Chicken Wrap
with Rice
or
BBQ Quorn & Sweetcorn
Filled Jacket Potato

ON THE SIDE...

Carrots & Broccoli
FOR DESSERT...
Cinnamon Swirl Sponge

CHOOSE A MAIN MEAL...

Sausage & Mash
with Gravy
or
Vegetable Quiche

ON THE SIDE...

Peas & Sweetcorn
FOR DESSERT...
Flapjack Slice &
Fruit Wedge

CHOOSE A MAIN MEAL...

Roast Chicken, Stuffing
& Gravy
or
Quorn Wellington & Gravy

ON THE SIDE...

Roast Potatoes
Carrots & Green Beans
FOR DESSERT...
Sticky Toffee Pudding
& Custard

CHOOSE A MAIN MEAL...

Crispy Baked
Fish Fillet
or
Vegetarian Hot Dog Roll

ON THE SIDE...

Oven Baked Chips
Baked Beans &
Garden Peas
FOR DESSERT...
A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

WEEK THREE

11/11, 02/12, 06/01, 27/01,
24/02, 16/03

CHOOSE A MAIN MEAL...

Tomato & Cheddar
Pizza Whirl
or
Salmon & Sweet Potato
Fishcake

ON THE SIDE...

Herb Diced Potatoes
Peas & Sweetcorn
FOR DESSERT...
Fruit Filled Oaty Crunch

CHOOSE A MAIN MEAL...

Chicken Pasta Bake
or
Butternut Squash
& Pepper Risotto

ON THE SIDE...

Garlic Slice
Mixed Vegetables
FOR DESSERT...
Strawberry Whip
& Shortbread

CHOOSE A MAIN MEAL...

Pork & Apple Burger
in a Bun
or
Vegetable Bean Burger
in a Bun

ON THE SIDE...

Baked Potato Wedges
Green Beans & Carrots
FOR DESSERT...
Raspberry Cupcake

CHOOSE A MAIN MEAL...

Roast Beef, Yorkshire
Pudding & Gravy
or
Shepherdess Pie
& Gravy

ON THE SIDE...

Roast Potatoes
Carrots & Broccoli
FOR DESSERT...
Chocolate Crunch &
Chocolate Custard

CHOOSE A MAIN MEAL...

Crispy Cod Fish Fingers
or
Crunchy Vegetable Fingers

ON THE SIDE...

Oven Baked Chips
Baked Beans and
Garden Peas
FOR DESSERT...
A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

AVAILABLE EVERY DAY -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, strawberry or 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