



### WEEK ONE

20/04, 11/05, 08/06, 29/06,  
20/07, 14/09, 05/10

MONDAY

#### CHOOSE A MAIN MEAL...

Margherita Pizza with  
Herb Diced Potatoes  
or  
Vegetarian Pasta  
Bolognaise

#### ON THE SIDE...

Side Salad  
Peas & Sweetcorn

#### FOR DESSERT...

100% Fruit Ice Lolly

TUESDAY

#### CHOOSE A MAIN MEAL...

Pork & Apple Burger  
in a Bun  
or  
Vegetable Frittata

#### ON THE SIDE...

Potato Wedges  
Mixed Vegetables

#### FOR DESSERT...

Flapjack and Fruit Wedge

WEDNESDAY

#### CHOOSE A MAIN MEAL...

Chicken & Gravy Pie with  
Mashed Potatoes  
or  
Tomato & Vegetable Pasta  
with Garlic Bread

#### ON THE SIDE...

Garden Peas & Carrots

#### FOR DESSERT...

Chocolate Brownie &  
Ice Cream

THURSDAY

#### CHOOSE A MAIN MEAL...

Roast Pork with Roast  
Potatoes & Gravy  
or  
Cheese & Potato Pie

#### ON THE SIDE...

Carrots & Cabbage

#### FOR DESSERT...

Iced Carrot Cake

FRIDAY

#### CHOOSE A MAIN MEAL...

Crispy Baked Fish Fillet  
or  
Vegetarian Hot Dog

#### ON THE SIDE...

Oven Baked Chips  
Baked Beans & Garden Peas

#### FOR DESSERT...

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

### WEEK TWO

27/04, 18/05, 15/06,  
06/07, 31/08, 21/09, 12/10

#### CHOOSE A MAIN MEAL...

Southern Style Quorn  
Burger in a Bun  
or  
Vegetarian Sausage  
Under Wraps

#### ON THE SIDE...

Baked Potato Wedges  
Peas & Sweetcorn

#### FOR DESSERT...

Oaty Fruit Crunch &  
Ice Cream

#### CHOOSE A MAIN MEAL...

Spaghetti & Meatballs  
or  
Tomato & Cheddar  
Quiche

#### ON THE SIDE...

New Potatoes  
Carrots & Broccoli

#### FOR DESSERT...

Lemon Drizzle Sponge &  
Fruit Wedge

#### CHOOSE A MAIN MEAL...

Pork Sausages with  
Mash & Gravy  
or  
Vegetable Bean Burger  
with Mash & Gravy

#### ON THE SIDE...

Sweetcorn & Green Beans

#### FOR DESSERT...

Chocolate Crunch &  
Chocolate Sauce

#### CHOOSE A MAIN MEAL...

Roast Chicken & Gravy  
or  
Cauliflower &  
Broccoli Bake

#### ON THE SIDE...

Roast Potatoes  
Carrots & Cabbage

#### FOR DESSERT...

Toffee Cream Tart

#### CHOOSE A MAIN MEAL...

Baked Fish Fingers  
or  
Vegan Nuggets

#### ON THE SIDE...

Oven Baked Chips  
Baked Beans & Garden Peas

#### FOR DESSERT...

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

### WEEK THREE

04/05, 01/06, 22/06,  
13/07, 07/09, 28/09, 19/10

#### CHOOSE A MAIN MEAL...

Neapolitan Pizza  
or  
Salmon Fishcake

#### ON THE SIDE...

Herb Diced Potatoes &  
Mixed Vegetables

#### FOR DESSERT...

Iced Sponge Cake

#### CHOOSE A MAIN MEAL...

Pasta Bolognaise  
or  
Vegetable Lasagne

#### ON THE SIDE...

Garlic Slice  
Carrots & Peas

#### FOR DESSERT...

Marbled Cookie &  
Fruit Portion

#### CHOOSE A MAIN MEAL...

Italian Chicken with  
Mashed Potatoes  
or  
Mac n' Cheese

#### ON THE SIDE...

Green Beans & Sweetcorn

#### FOR DESSERT...

Rice Krispie Cake

#### CHOOSE A MAIN MEAL...

Roast Beef with Yorkshire  
Pudding & Gravy  
or  
Veggie Toad in the Hole  
with Gravy

#### ON THE SIDE...

Roast Potatoes  
Carrots & Cabbage

#### FOR DESSERT...

Raspberry Ripple Ice  
Cream Pot

#### CHOOSE A MAIN MEAL...

Crispy Baked Fish Fillet  
or  
Crunchy Vegetable Fingers

#### ON THE SIDE...

Oven Baked Chips  
Baked Beans & Garden Peas

#### FOR DESSERT...

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

AVAILABLE EVERY DAY -

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

Dug

Bella

Becky

Henrietta

Newton

### Sustainability Update

#### Looking after the Environment to Removing Single Use Plastics

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 solutions.

From the 1st April 2020 we will no longer use any single-use plastic cutlery. All plastic cutlery will be replaced with wooden knives, forks and reusable stainless-steel teaspoons. By making this change we will be removing over a million plastic items which will have a significant positive impact on the environment.

Our next focus is removing the single-use plastics from our Pick & Mix lunch option by September 2020.

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



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

