

# eats.

## Week 1

**Week One commencing:**  
16th April 2018, 7th May, 4th June  
25th June, 16th July, 10th September  
1st October 2018

### Monday

Baked Suffolk Sausages,  
Mash & Gravy  
or  
Vegetarian Toad-in-the-Hole,  
Mash & Gravy

Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar

Apple Flapjack  
or  
Fresh Fruit Salad

Reduced  
SUGAR

### Tuesday

Salmon Groujons with  
Herb Diced Potatoes  
or  
Macaroni Cheese with Garlic Slice

Seasonal Vegetables  
Fresh Salad Bar

Fruit Cheesecake  
or  
Fresh Fruit Salad

NEW

Reduced  
SUGAR

### Thursday

Roast Loin of Suffolk Pork,  
Stuffing, Roast Potatoes & Gravy  
or  
Roast Quorn Fillet with Stuffing, Roast  
Potatoes & Gravy

Seasonal Vegetables  
Fresh Salad Bar

Oaty Fruit Crunch & Custard  
or  
Fresh Fruit Salad

Reduced  
SUGAR

### Wednesday

NEW

Beef Wrap (Burrito) with  
Potato Wedges  
or  
Vegetable & Rice Wrap (Burrito) with  
Potato Wedges

Seasonal Vegetables  
Fresh Salad Bar

100% Fresh Fruit Ice Lolly  
or  
Fresh Fruit Salad

### Friday

Crispy Fish Fillet with Chips  
or  
Cheese & Tomato Quiche & Chips

Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar

Melting Chocolate Pudding  
or  
Fresh Fruit Salad

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