

eats.

Week 3

Week Three commencing:
30th April, 21st May, 18th June, 4th July
3rd September, 24th September,
15th October **2018**

Monday

Smokey Joe's Chicken
with New Potatoes
or
Crunchy Vegetable Fingers with New
Potatoes

Seasonal Vegetables
Fresh Salad Bar

Reduced
SUGAR

Apple Sponge Cake
or
Fresh Fruit Salad

NEW

Wednesday

Sweet & Sour Chicken with Rice
or
Cheese & Potato Pie

Seasonal Vegetables
Fresh Salad Bar

Reduced
SUGAR

Orange & Lemon Rice Krispie Bar
or
Fresh Fruit Salad

NEW

Thursday

Roast Beef, Yorkshire Pudding
with Roast Potatoes & Gravy
or
Spring Vegetable Bake with
Roast Potatoes

Seasonal Vegetables
Fresh Salad Bar

Reduced
SUGAR

Vanilla Crunch & Custard
or
Fresh Fruit Salad

NEW

Tuesday

Pork Meatballs, Tomato Pasta &
Garlic Slice
or
Vegetable Lasagne & Garlic Slice

Seasonal Vegetables
Fresh Salad Bar

Reduced
SUGAR

Strawberry Mousse & Biscuit
or
Fresh Fruit Salad

Friday

Baked Fish Fingers with Chips
or
Vegetable Pancake Roll with
Sweet Chilli Sauce

Seasonal Vegetables
Baked Beans
Fresh Salad Bar

NEW

Raspberry Ripple Ice Cream Pot &
Chocolate Oat Cookie
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