

# eats.

## AUTUMN/WINTER 23/24

18th September, 9th October  
6th November, 27th November,  
18th December, 15th January,  
5th February, 4th March,  
25th March

## Menu

WEEK 1

Allergen key:

May Contain in ( )



Peanuts  
(P)



Nuts  
(N)



Crustaceans  
(Shellfish)  
(CR)



Molluscs  
(Shellfish)  
(MO)



Fish  
(F)



Eggs  
(E)



Milk  
(MI)



Cereals  
containing  
Gluten (G)



Soya  
(S)



Sesame  
seeds  
(SS)



Celery  
(CE)



Mustard  
(MU)



Lupin  
(L)



Sulphur  
Dioxide  
(SD)

### MONDAY

GLUTEN FREE  
MAIN

Margherita Pizza with Potato  
Wedges & Baked Beans  
MI

GLUTEN FREE  
DESSERT

Chocolate Muffin  
E; MI

DAIRY FREE  
MAIN

Margherita Pizza with Potato  
Wedges & Baked Beans

DAIRY FREE  
DESSERT

Chocolate Crunch  
G; E

VEGAN  
MAIN

Margherita Pizza with Potato  
Wedges & Baked Beans

VEGAN  
DESSERT

Chocolate Crunch  
G

### TUESDAY

GF Sausage, Mashed Potato  
with Peas & Sweetcorn  
S; SD; MI

Shortbread Biscuit &  
Fruit Wedge

Veggie Sausage, Mashed  
Potato with Peas & Sweetcorn  
C; G

Flapjack & Fruit Wedge  
G

Veggie Sausage, Mashed  
Potato with Peas & Sweetcorn  
C; G

Flapjack & Fruit Wedge  
G

### WEDNESDAY

Roast Chicken, Crispy  
Roast Potatoes, Seasonal  
Vegetables, Yorkshire  
Pudding & Gravy  
E; S

Fruity Jelly

Roast Chicken, Crispy  
Roast Potatoes, Seasonal  
Vegetables, Yorkshire  
Pudding & Gravy  
E; S

Apple Crumble  
G

Roast Quorn, Crispy  
Roast Potatoes, Seasonal  
Vegetables, Yorkshire  
Pudding & Gravy  
S; G

Apple Crumble  
G

### THURSDAY

Beef Meatballs with Italian  
Tomato Sauce Penne Pasta  
& Garlic Bread

Vanilla Sponge  
E; MI

Beef Meatballs with Italian  
Tomato Sauce Penne Pasta  
& Garlic Bread  
G; S

Victoria Sponge Tray Bake  
E; G

Italian Tomato Pasta &  
Garlic Bread  
G; S

Sponge Tray Bake  
G; S

### FRIDAY

Vegetable Goujons & Chips  
with Baked Beans or Peas

Fresh Fruit Selection

Battered Fish Fillet & Chips  
with Baked Beans or Peas  
F; G

Fresh Fruit Selection

Vegetable Goujons & Chips  
with Baked Beans or Peas

Fresh Fruit Selection

If you have any further dietary requirements please speak to the Head of Kitchen.  
Jacket Potatoes & Salad Bar Available Every Day.

# eats.

## AUTUMN/WINTER 23/24

25th September, 16th October,  
13th November, 4th December,  
2nd January, 22nd January,  
12th February, 11th March

## Menu

WEEK 2

Allergen key:

May Contain in ( )



Peanuts  
(P)



Nuts  
(N)



Crustaceans  
(Shellfish)  
(CR)



Molluscs  
(Shellfish)  
(MO)



Fish  
(F)



Eggs  
(E)



Milk  
(MI)



Cereals  
containing  
Gluten (G)



Soya  
(S)



Sesame  
seeds  
(SS)



Celery  
(CE)



Mustard  
(MU)



Lupin  
(L)



Sulphur  
Dioxide  
(SD)

### MONDAY

GLUTEN FREE  
MAIN

Margherita Pizza with Potato  
Wedges & Baked Beans  
MI

GLUTEN FREE  
DESSERT

Chocolate Sponge  
E; MI

DAIRY FREE  
MAIN

Margherita Pizza with Potato  
Wedges & Baked Beans

DAIRY FREE  
DESSERT

Chocolate Cornflake Nest  
G

VEGAN  
MAIN

Margherita Pizza with Potato  
Wedges & Baked Beans

VEGAN  
DESSERT

Chocolate Cornflake Nest  
G

### TUESDAY

Veggie Bean Burger, Potato  
Wedges & Garden Peas no  
bun

Shortbread Biscuit &  
Fruit Wedge

Veggie Bean Burger, Potato  
Wedges & Garden Peas  
G; S

Shortbread Biscuit &  
Fruit Wedge  
G

Veggie Bean Burger, Potato  
Wedges & Garden Peas  
G; S

Shortbread Biscuit & Fruit  
Wedge G

### WEDNESDAY

Roast Chicken, Crispy  
Roast Potatoes, Seasonal  
Vegetables, Yorkshire  
Pudding & Gravy  
E; S

Fresh Fruit Selection

Roast Chicken, Crispy  
Roast Potatoes, Seasonal  
Vegetables, Yorkshire  
Pudding & Gravy  
E; S

Fresh Fruit Selection

Roast Quorn, Crispy  
Roast Potatoes, Seasonal  
Vegetables, Yorkshire  
Pudding & Gravy  
S; G

Fresh Fruit Selection

### THURSDAY

Beef Bolognese with Penne  
Pasta & Garlic Bread  
CE

Lemon Drizzle Cake  
E; MI

Beef Bolognese with Penne  
Pasta & Garlic Bread  
CE; S; G

Lemon Drizzle Cake  
G; E

Macaroni Cheese &  
Garlic Bread  
S; G

Lemon Drizzle Cake  
G; E

### FRIDAY

GF Fishcake with Chips,  
Peas or Baked Beans  
F

Ice Cream Sundae  
MI

Battered Fish Fillet with  
Chips, Peas or Baked Beans  
G; F

Ice Cream Sundae  
S

Southern Style Quorn  
Nuggets with Chips, Peas or  
Baked Beans  
G

Ice Cream Sundae  
S

If you have any further dietary requirements please speak to the Head of Kitchen.  
Jacket Potatoes & Salad Bar Available Every Day.

# eats.

## AUTUMN/WINTER 23/24

2nd October, 30th October,  
20th November, 11th December,  
8th January, 29th January,  
26th February, 18th March

## Menu

WEEK 3

Allergen key:

May Contain in ( )



Peanuts  
(P)



Nuts  
(N)



Crustaceans  
(Shellfish)  
(CR)



Molluscs  
(Shellfish)  
(MO)



Fish  
(F)



Eggs  
(E)



Milk  
(MI)



Cereals  
containing  
Gluten (G)



Soya  
(S)



Sesame  
seeds  
(SS)



Celery  
(CE)



Mustard  
(MU)



Lupin  
(L)



Sulphur  
Dioxide  
(SD)

### MONDAY

GLUTEN FREE  
MAIN

Margherita Pizza with Potato  
Wedges & Baked Beans  
MI

GLUTEN FREE  
DESSERT

Vanilla Cup Cakes  
E; MI

DAIRY FREE  
MAIN

Margherita Pizza with Potato  
Wedges & Baked Beans

DAIRY FREE  
DESSERT

Vanilla Crunch  
E; G

VEGAN  
MAIN

Margherita Pizza with Potato  
Wedges & Baked Beans

VEGAN  
DESSERT

Vanilla Crunch  
G

### TUESDAY

GF Sausage, Mashed  
Potato & Baked Beans  
S; SD; MI

Iced Sponge  
E; MI

Vegan Sausage Roll, Mashed  
Potato & Baked Beans  
G; S; (MI)

Iced Sponge  
E; G

Vegan Sausage Roll, Mashed  
Potato & Baked Beans  
G; S; (MI)

Iced Sponge  
G; S

### WEDNESDAY

Roast Pork, Crispy Roast  
Potatoes, Seasonal  
Vegetables & Gravy

Chocolate Sponge  
E; MI

Roast Pork, Crispy  
Roast Potatoes, Sage &  
Onion Stuffing, Seasonal  
Vegetables & Gravy G

Chocolate Sponge  
E; G

Roast Quorn, Crispy Roast  
Potatoes, Sage & Onion  
Stuffing, Seasonal Vegetables,  
& Gravy G

Chocolate Sponge  
G; S

### THURSDAY

Italian Tomato  
Pasta

GF Shortbread Biscuit &  
Fruit Wedge

Italian Tomato  
Pasta  
G

Shortbread Biscuit &  
Fruit Wedge  
G

Italian Tomato Pasta  
G

Shortbread Biscuit &  
Fruit Wedge  
G

### FRIDAY

Vegetable Goujons & Chips  
with Baked Beans or Peas

Fresh Fruit Selection

Battered Fish Fillet & Chips  
with Baked Beans or Peas  
G; F

Fresh Fruit Selection

Vegetable Goujons & Chips  
with Baked Beans or Peas

Fresh Fruit Selection

If you have any further dietary requirements please speak to the Head of Kitchen.  
Jacket Potatoes & Salad Bar Available Every Day.