

## Week 1

### Monday

Grilled Chicken Burger  
in a Homemade Bun  
or  
Southern Style Veggie Burger  
in a Homemade Bun  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Coconut & Parsnip Flapjack  
Slice with Custard  
or  
Fresh Fruit Salad

### Week One commencing:

30th October; 20th November  
11th December; 8th January 2018,  
29th January, 26th February, 19th March

### Tuesday

NEW

Pasta Bolognese with  
Garlic Bread Slice  
or  
Vegetable & Rice Burrito  
with Garlic Bread Slice  
Seasonal Vegetables  
Fresh Salad Bar  
Cocoa & Vanilla Marble Cake  
or  
Fresh Fruit Salad

### Wednesday

Margherita Pizza Slice  
with Herby Diced Potatoes  
or  
Butternut Squash & Red  
Pepper Risotto  
Seasonal Vegetables  
Fresh Salad Bar  
Blueberry Muffin  
or  
Fresh Fruit Salad

NEW

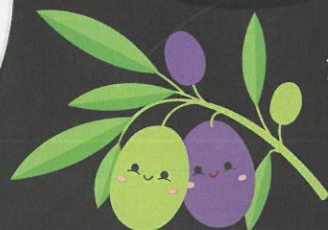
Reduced  
SUGAR

### Thursday

Roast Loin of Suffolk Pork,  
Stuffing, Roast Potatoes & Gravy  
or  
Cauliflower & Leek Bake  
with Roast Potatoes  
Seasonal Vegetables  
Fresh Salad Bar  
Apple & Blackberry Crumble with Custard  
or  
Fresh Fruit Salad

### Friday

Crispy Fish Fillet  
with Chips  
or  
Cheese & Tomato Whirl  
with Chips  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Chocolate Crunch with  
Chocolate Sauce  
or  
Fresh Fruit Salad



Did you know an  
olive tree can  
live for over  
1,000 years.



The pumpkin  
originated in  
**Mexico**  
about 9,000  
years ago.



Peaches were the  
1st fruit to be eaten  
on the moon.  
If you went to the  
moon what food would  
you take with you?

### Monday

NEW

Pork & Carrot Meatballs  
with Tomato Pasta Twists  
or  
Seasonable Vegetable Crumble  
Seasonal Vegetables  
Fresh Salad Bar  
Warm Apple Taco & Custard  
or  
Fresh Fruit Salad

NEW

### Wednesday

Smokey Joe's Chicken  
with Wholemeal Rice  
or  
Italian Quorn Fillet  
with Wholemeal Rice  
Seasonal Vegetables  
Fresh Salad Bar  
Carrot & Pineapple  
Sponge Cake  
or  
Fresh Fruit Salad

NEW

Reduced  
SUGAR

### Friday

Crispy Fish Fillet with Chips  
or  
Vegetable Spring Roll & Chips  
with Mild Curry Sauce  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Crunchy Vanilla Slice with  
Strawberry Sauce  
or  
Fresh Fruit Salad

## Week 2

### Week Two commencing:

6th November; 27th November;  
18th December; 15th January 2018  
5th February, 5th March, 26th March

### Tuesday

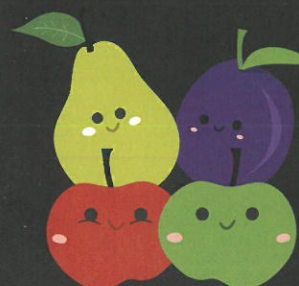
Salmon & Sweet  
Potato Fishcake  
or  
Everybody's Favourite  
Macaroni Cheese  
Seasonal Vegetables  
Fresh Salad Bar  
Belgium Cocoa Waffle with  
Cherry Fruit Topping  
or  
Fresh Fruit Salad

NEW

### Thursday

Roast Beef, Yorkshire Pudding  
with Roast Potatoes & Gravy  
or  
Quorn Sausage 'Under Wraps'  
Roast Potatoes & Gravy  
Seasonal Vegetables  
Fresh Salad Bar  
Oaty Fruit Crunch  
& Custard  
or  
Fresh Fruit Salad

NEW



Did you know  
apples belong to  
the rose family  
as do plum and  
pears.

### Monday

NEW

Chicken & Ham Pasta Bake  
or  
Crunchy Cheese & Potato Pie  
Seasonal Vegetables  
Fresh Salad Bar  
Pear & Gingerbread Cake  
or  
Fresh Fruit Salad

Reduced  
SUGAR

NEW

### Wednesday

Traditional Beef Lasagne  
or  
Loaded Potato Skins with  
Tomato, Cheddar & Baked Beans  
Seasonal Vegetables  
Fresh Salad Bar  
Toffee Apple Crumble &  
Vanilla Ice Cream  
or  
Fresh Fruit Salad

NEW

### Friday

Baked Fish Fingers  
with Chips  
or  
Crispy Veggie Fingers  
with Chips  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Chocolate Cracknell  
or  
Fresh Fruit Salad

## Week 3

### Week Three commencing:

13th November; 4th December;  
1st January 2018, 22nd January  
19th February, 12th March

### Tuesday

Local Sausages & Mash  
with Gravy  
or  
Vegetarian Toad-in-the-Hole  
with Mash & Gravy  
Seasonal Vegetables  
Fresh Salad Bar  
St Clement's Shortbread Slice  
& Fruit Cuplet  
or  
Fresh Fruit Salad

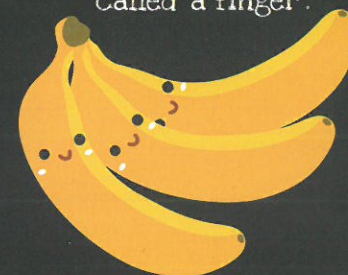
NEW

### Thursday

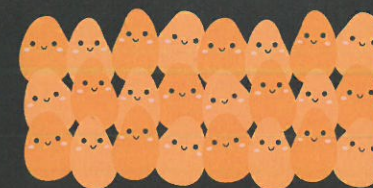
Roast Chicken, Stuffing,  
Roast Potatoes & Gravy  
or  
Quorn Roast, Yorkshire Pudding,  
Roast Potatoes & Gravy  
Seasonal Vegetables  
Fresh Salad Bar  
Greek Lemon Cake & Custard  
or  
Fresh Fruit Salad

NEW

Bananas boost energy and act as  
fuel for the brain, making us more  
alert and ready to learn. Did you  
know a bunch of bananas is called  
a 'hand' and a single banana is  
called 'a finger'.



Did you know  
that there are  
approximately  
465 baked  
beans in a  
standard can



### Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yoghurt & real fruit jelly. Some dishes may vary due to individual school preferences, policies and cultural considerations - (a number of sites also offer additional options of jacket potato with choice of fillings & or packed lunch - see school websites for details) For information on allergens & intolerances visit [www.eats-catering.co.uk](http://www.eats-catering.co.uk)