



EAGLE EATERY

MENU



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Classic beef cottage pie served with fresh seasonal vegetables	Cauliflower & broccoli macaroni cheese served with sweetcorn & garlic bread	Builchicken fajita, served with tomato salsa, sour cream, guacamole & grated cheddar	Roast chicken served with roast potatoes, green beans & carrots	Lemon breaded cod goujons served with oven chips & garden peas
Vegetarian	Quorn cottage pie served with fresh seasonal vegetables		vegetable fajita, served with tomato salsa, sour cream, guacamole & grated cheddar	Vegetable strudel served with roast potatoes, green beans & carrots	Vegetable spring rolls served with oven chips & garden peas
Dessert	Crunchy carrot cake	Natural honey yogurt with granola	Apple & blackberry Crumble & custard	Melon medley	Fresh fruit juice ice lollies

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pork sausage & mash served with cabbage & carrots	Homemade lean beef burgers served with spicy wedges & salad	BBQ chicken served with Mexican rice & roasted peppers	Roast of the day served with fresh seasonal veg and all the trimmings	Homemade salmon fishcake served with oven chips & peas
Vegetarian	Veggie sausages & mash served with cabbage & carrots	Homemade veg beanburgers served with spicy wedges & salad	BBQ Quorn & vegetables served with Mexican rice & Roasted peppers	Veg roast of the day served with fresh seasonal veg and all the trimmings	Potato, onion & veg cakes served with oven chips & peas
Dessert	Homemade fruity flapjack	Fresh fruit salad	Mr chefs homemade apple pie & custard	Yoghurt jelly	Banana muffins





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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Italian chicken & veg pasta bake served with salad	Pork chow mein served with sizzling vegetables	Mr Chefs homemade pitta Pizza	Chicken tikka masala served with rice & Naan bread	Oven baked breaded cod served with oven chips & garden peas
Vegetarian	Italian vegetable pasta bake served with salad	Veg chow mein served with sizzling vegetables	Mr Chefs Homemade vegetarian pitta Pizza	Quorn tikkka masala served with rice & Naan bread	Cheese & broccoli bake served with oven chips & garden peas
Dessert	Mixed berry yogurt crunch	Pineapple upside down cake & custard	Ice cream & seasonal fresh fruit	Fruity jelly	Puff pastry apple tart, glazed with honey

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pork meatballs in a tomato sauce served with pasta & salad	Peri peri chicken breast served with homemade wedges & roasted veg	Lasagne served with a fresh side salad & garlic bread	Roast Turkey & stuffing served with Sauté potatoes, seasonal mixed veg & gravy	Crispy jacket potato with tuna mayonnaise served with a side salad
Vegetarian	Quorn meatballs in a tomato sauce served with pasta & salad	Peri peri Quorn fillet served with homemade wedges & roasted veg	Vegetable lasagne served with a fresh side salad & garlic bread	Crunchy veg crumble & stuffing served with Sauté potatoes, seasonal mixed veg & gravy	Crispy jacket potato with cheese & beans served with a side salad
Dessert	Vanilla & Pea cake	Fruit shortbread stack	Mr Chefs special mousse	Berry cupcakes	Bananas & custard

