

Eastgate Academy Packed Lunch Menu Spring 2023 (Allergens shown in bold italics)

	Week 1 Weeks commencing: 2/1, 30/1, 6/3	Week 2 Weeks commencing: 9/1, 6/2, 13/3	Week 3 Weeks commencing: 16/1, 20/2, 20/3	Week 4 Weeks commencing: 23/1, 27/2, 27/3
Monday	Cocktail Sausage Wrap Cheesy Tortilla Chips Watermelon Choc Biscuit <i>Sulphate, Gluten, Wheat, Milk, Egg</i>	Pepperoni Pizza Pot of Sweetcorn Banana Choc Chip Muffin <i>Gluten, Wheat, Milk, Egg</i>	Chicken Nuggets Slice of Crusty Bread Apple Ice Cream Tub <i>Gluten, Wheat, Milk, Egg, Mustard</i>	Sausage Roll Cheese & Crackers Apple Fromage Frais <i>Gluten, Wheat, Milk, Sulphates</i>
Tuesday	Cheese Sandwich Cucumber Slices Satsuma Oaty Biscuit <i>Gluten, Wheat, Milk</i>	Chicken Sandwich Cherry Tomatoes Bag of Grapes Carrot Cake <i>Gluten, Wheat, Milk, Egg</i>	Cheese Sandwich Cucumber Slices Bag of Grapes Pot of Angel Delight <i>Gluten, Wheat, Milk</i>	Cheese Spread Baguette Cherry Tomatoes Apple Yoghurt Cake <i>Gluten, Wheat, Milk</i>
Wednesday	Chicken Pasta Pot Cheesy Garlic Bread Bag of Grapes Biscuit <i>Gluten, Wheat, Milk</i>	Cheese & Tomato Pasta Tortilla Chips Apple Pot of Jelly <i>Gluten, Wheat, Milk</i>	Sausage Pasta Pot of Coleslaw Melon Cubes Choc Biscuit <i>Gluten, Wheat, Milk, Sulphates</i>	Tomato & Sweetcorn Pasta Garlic Bread Satsuma Biscuit <i>Gluten, Wheat, Milk</i>
Thursday	Ham Sandwich Carrot Sticks Honeydew Melon Lemon Cake <i>Gluten, Wheat, Milk, Egg</i>	Salami Roll Coleslaw Watermelon Tub of Ice Cream <i>Gluten, Wheat, Milk</i>	Ham Sandwich Cheese & Crackers Satsuma Yoghurt <i>Gluten, Wheat, Milk</i>	Tuna Sandwich Cucumber Slices Bag of Grapes Chocolate Cake <i>Fish, Gluten, Wheat, Milk, Egg</i>
Friday	Tuna Roll Vegetable Bag Fruit Bag Choc Shortbread <i>Fish, Gluten, Wheat, Milk</i>	Cheese Spread Roll Vegetable Bag Fruit Bag Cookie <i>Gluten, Wheat, Milk</i>	Egg Roll Vegetable Bag Fruit Bag Oaty Biscuit <i>Egg, Gluten, Wheat, Milk</i>	Ham Salad Wrap Vegetable Bag Fruit Bag Kracolet <i>Gluten, Wheat, Milk</i>

Years 3 to 6 Pick & Mix packed lunch option. Choice of a main, side, fruit and a drink.

Fresh fruit, bread,
milk, squash & yoghurt
available daily

Eastgate Academy Hot Dinner Spring Menu 2023 (Allergens shown in bold italics) £2.40

	Week 1 Weeks commencing: 2/1, 30/1, 6/3	Week 2 Weeks commencing: 9/1, 6/2, 13/3	Week 3 Weeks commencing: 16/1, 20/2, 20/3	Week 4 Weeks commencing: 23/1, 27/2, 27/3
Monday	Very Cheesy Pizza Potato Croquettes Salad & Coleslaw Yoghurt Pot <i>Gluten, Wheat, Milk</i>	Chicken Burger Jacket Wedges Salad & Sweetcorn Chocolate Chip Muffin <i>Gluten, Wheat, Milk, Celery</i>	Hot Dog Herby Diced Potatoes Beans & Coleslaw Ice Cream Tub <i>Gluten, Wheat, Milk</i>	Chicken Wrap Sliced Potatoes Sweet Chilli Sauce Sweetcorn & Coleslaw Choc Crunch Biscuit <i>Gluten, Wheat, Milk, Soya</i>
Tuesday	Mild Chilli Con Carne Steamed Rice Tortilla Chips & Peas Waffle & Ice Cream <i>Gluten, Wheat, Milk, Egg, Soya</i>	Bacon Carbonara Mixed Vegetables Garlic Bread Angel Delight Fruit <i>Wheat, Milk, Sesame Seeds</i>	Pasta Bolognese Garlic Bread Mixed Vegetables Carrot Cake <i>Gluten, Wheat, Milk, Soya</i>	Meatballs in Tomato Sauce Steamed Rice Mixed Vegetables Garlic Bread Yoghurt Cake <i>Gluten, Wheat, Milk, Soya, Celery, Mustard, Egg</i>
Wednesday	Brunch Lunch Sausage, Bacon, Hash Browns, Beans Frozen Raspberry Ripple Mouse <i>Gluten, Wheat, Milk</i>	Sausage & Mash or Cheesy Mash Beans & Peas Jelly & Fruit <i>Gluten, Wheat, Milk, Sulphates</i>	Shepherds Pasty Mashed Potatoes Mixed Vegetables Chocolate Iced Biscuit <i>Gluten, Wheat, Milk</i>	Sausage Roll ½ a Jacket Potato with Cheese Beans & Peas Fruit Cocktail & Ice Cream <i>Gluten, Sulphates, Wheat, Milk</i>
Thursday	Roast Chicken & Stuffing Roast Potatoes & Mash Cabbage, Carrots & Gravy Lemon Drizzle Cake <i>Mustard, Wheat, Egg, Soya, Milk</i>	Roast Beef & Yorkshire Pudding Roast Potatoes & Mash Green Beans, Swede & Gravy Cornflake Tart & Custard <i>Soya, Milk, Egg, Wheat, Mustard</i>	Sausage & Yorkshire Pudding Roast Potatoes & Mash Cabbage & Peas Fruit Crunch & Ice Cream <i>Soya, Celery, Sulphates, Wheat, Milk</i>	Roast Pork & Apple Sauce Roast Potatoes & Mash Carrots, Peas & Gravy Choc Cake & Choc Custard <i>Milk, Mustard, Egg, Soya, Wheat</i>
Friday	Salmon Fish Cakes Chips or Cheesy Chips Peas & Beans Chocolate Shortbread <i>Fish, Gluten, Wheat, Milk</i>	Fish Fingers & Chips Or Cheesy Chips Coleslaw & Beans White Choc Chip Cookie <i>Fish, Milk, Gluten</i>	Chicken Nuggets & Chips Or Cheesy Chips Beans & Coleslaw Iced Oaty Biscuit <i>Milk, Egg, Celery, Mustard, Wheat, Mustard</i>	Fish Cake & Chips Or Cheesy Chips Sweetcorn & Spaghetti Hoops Kracolets <i>Fish, Milk, Egg, Celery, Mustard, Wheat</i>

Jacket Potatoes & a Vegetarian option (v) are available daily and can be ordered by 9.30am each day.