



Eat Well tariff

TARIFF

Breakfast bar

This service is not available in all schools

Toast	£ 0.30
Beans on toast	£ 0.75
Bacon in a soft roll	£ 0.90
Sausage in a soft roll	£ 0.90
Healthy Start (Fruit Juice, cereal, milk and toast)	£ 1.05

Fresh fruit yoghurts, hot and cold drinks are also available

Early & Late Lunch

Noodles, plain rice and pasta	£ 0.45
Plain jacket potato	£ 0.70
Toppings for the above	from £ 0.50
Fresh vegetables and baked beans	£ 0.45

Eat Well Daily Special (available at late lunch only)

£ 2.00

Deli bar

Bread roll	£ 0.30
Vegi bags	£ 0.45
Fresh fruit salad pot or bag	£ 0.55
Filled rolls and baps	£ 1.00
½ baguette	£ 1.00
Soup and a roll	£ 1.00
Filled wraps	£ 1.20

Deli bar cont.

Salad bowl	£ 1.40
Sandwiches	£ 1.40
Filled bagels	£ 1.40
Baguettes	£ 2.00
Eat Well Deli Special	£ 2.00

Snack bar

Garlic bread	£ 0.40
Pizza bap	£ 0.80
Pizza slice	from £ 0.85
Paninis & melts	£ 1.00

Desserts

Homemade biscuits	£ 0.40
Homemade cakes	£ 0.50
Fresh Fruit	Market price
Muller heathly balance yoghurt	£ 0.45
Hot desserts with custard	£ 0.65

Drinks

Pure fruit juice	£ from 0.50
Flavoured milk	£ from 0.50
Mineral water	£ from 0.50
Innocent smoothies	£ 0.90
Still and sparkling fruit drinks	£ from 0.40



DELI

Deli meal deal	£
Filled whole baguette	2.00
½ filled baguette	1.00
Filled bagel	1.40
Sandwiches	1.40
Salad pot	1.40
Filled tortilla wrap	1.20
Cheese and crackers	0.55
Vegi bag	0.45
Eatwell Deli Special	
½ filled baguette, homemade biscuit and 105 drink (330ml)	2.00
Desserts	
Fresh fruit salad pot or bag	0.55
Muller healthy balance yoghurt	0.45
Homemade cake	0.50
Homemade biscuit	0.40
Dried fruit	0.20
Selection of still and sparkling water, fruit juices and flavoured milks	from 0.40

A selection will be available daily

MONDAY

Turkey curry and boiled rice

Tender pieces of turkey in a mild curry sauce served with rice

Italian herb and tomato pasta

Classic vegetarian dish with a taste of the Mediterranean

Cheeseburger

Hampshire beef burger loaded into a bun with cheese and salad

TUESDAY

Pork slice with caramelised apple ring

Tender pork and sweet apple served with a rich gravy

Garlic roasted vegetables

Fresh vegetables roasted in garlic served with pasta

Spicy turkey wrap

Tender turkey pieces mildly spiced, served in a warm tortilla

WEDNESDAY

Roast dinner special

Tender meat, crisp roast potatoes and fresh vegetables with gravy

Vegetarian sausage hot pot

Vegetarian sausages in a tomato and baked bean sauce, served with pasta

Bacon melt

Freshly baked baguette with bacon and melted cheddar

THURSDAY

Spaghetti bolognese

UK minced beef cooked with tomatoes, garlic and herbs, served on a bed of spaghetti

Vegetarian mince chilli

Vegetarian mince, cooked with tomatoes, kidney beans and spiced with chilli served with rice

Hot roast turkey sub

Moist turkey with mini sausage in a crusty baguette

FRIDAY

Fish and chip special

Fish cooked in a crispy batter with chips and peas and served with tartar sauce or lemon mayonnaise

Spicy vegetable casserole

Fresh vegetables in a light creamy sauce served with pasta

Beef chilli and cheese wrap

Minced beef blended with chilli spices, and topped with grated cheddar, served in a warm tortilla

MONDAY

Turkey and bacon carbonara

Tender pieces of turkey and bacon in a creamy white sauce

Curried vegetables

Vegetables and lentils in a mild curry sauce served with rice

Sausage roll

Tasty sausage meat, wrapped in short crust pastry

TUESDAY

Beef lasagne

Minced beef cooked with tomatoes, garlic and Italian herbs, layered with pasta and topped with a creamy cheese sauce

Italian herb and tomato pasta

Classic vegetarian dish with a taste of the Mediterranean

Vegetarian burger with chilli jam

Seeded bap filled with vegetarian burger served with sweet chilli jam

WEDNESDAY

Roast dinner special

Tender meat, crisp roast potatoes and fresh vegetables with gravy

Vegetarian mince bolognese

Vegetarian mince cooked with tomatoes, mushrooms and garlic served on a bed of spaghetti

BLT baguette

Freshly baked baguette filled with smoked bacon, lettuce, tomato and mayonnaise

THURSDAY

Macaroni cheese

A classic lunch dish of pasta in a rich cheesy sauce

Turkey casserole

Tender turkey and vegetables in a creamy sauce served with pasta

Sweet chilli chicken burger

Breaded chicken burger with sweet chilli sauce served in a bap

FRIDAY

Fish and chip special

Fish cooked in a crispy batter with chips and peas and served with tartar sauce or lemon mayonnaise

Meatballs in tomato sauce

Meatballs in a delicately spiced tomato and herb sauce served with pasta

Cheese and onion pasty

Cheddar cheese and sliced onion cooked in puff pastry