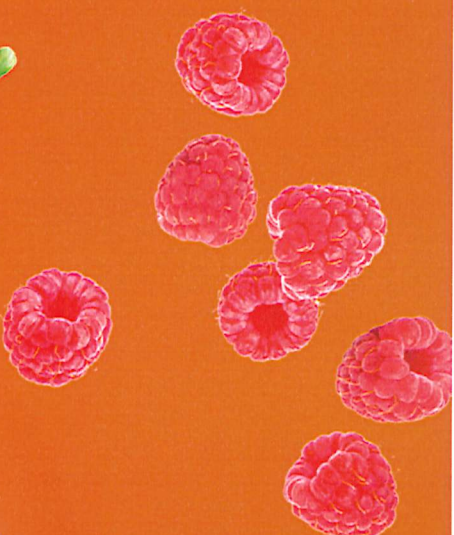


MAES EBBW

Autumn/Winter 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



Chartwells
So much more than fantastic food

WEEK 1 MENU

MAES EBBW MENU

 **Chartwells**
So much more than fantastic food












MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Pesto Pasta Bake 	Chicken Korma (H) 	Roast Turkey (H)	Beef Bolognese (H) 	Breaded Fish
		Served with Wholegrain Rice	Served with Roast Potatoes and Gravy	Served with Wholemeal Pasta	Served with Chips
Alternative Dish	Vegetarian Sausage  	Cheese and Tomato Pizza 	Quorn Roast 	Incredible  Burger	Quorn Dippers 
	Served with Mashed Potato and Gravy	Served with Potato Wedges	Served with Roast Potatoes and Gravy	Served with wedges	Served with Chips
Third Choice	-	Jacket Potato with Salmon Mayonnaise 	-	-	-
Salad Bar 	Freshly Prepared Salads  Available every day				
Jacket Potato	Jacket Potato  	Jacket Potato  	Jacket Potato  	Jacket Potato  	Jacket Potato  
	With a choice of fillings	With a choice of fillings	With a choice of fillings	With a choice of fillings	With a choice of fillings
Pasta Salad (Salad Bar) 	Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables 	Carrots and Green Beans	Sweetcorn and Peas	Carrots and Cabbage	Broccoli and Sweetcorn	Peas and Beans
Dessert	Banana Cake with Custard 	Hot Chocolate Sponge with Chocolate custard	Oat Cookie with Fruit Slices  	Apple Crumble with Custard  	Ice Cream Milkshake with Shortbread

PACKED LUNCH – AVAILABLE DAILY

HAM, CHEESE OR TUNA SANDWICH,
SALAD, FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

 Vegetarian

 Halal

 Fruity!

 Nutritionist's choice

(H) Halal Option Available

Internal

WEEK 2 MENU

MAES EBBW MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza

Served with Potato Wedges and Houmous

Pork Sausage or Chicken Sausages (H)

Served with Mash Potatoes & Gravy

Roast Chicken (H)

Served with Yorkshire Pudding, Mashed Potato and Gravy

Beef Bolognese (H)

Served with Wholemeal Pasta

Breaded Fish

Served with Chips

Alternative Dish

Vegetarian Bolognese

Served with wholemeal pasta

Vegetarian Sausage

Served with Mash Potatoes & Gravy

Quorn Roast

Served with Yorkshire Pudding, Mashed Potato and Gravy

Incredible Burger

Served with wedges

Quorn Dippers

Served with Chips

Salad Bar

Jacket Potato

Jacket Potato
With a choice of fillings

Jacket Potato
With a choice of fillings

Jacket Potato
With a choice of fillings

Jacket Potato
With a choice of fillings

Jacket Potato
With a choice of fillings

Pasta Salad (Salad Bar)

Wholemeal Pasta with homemade Tomato Sauce
Available every day

Tomato Pasta

Vegetables

Carrot and Cucumber sticks

Peas and Broccoli

Carrots and Cabbage

Sweetcorn and Green Beans

Peas and Beans

Dessert

Jam Sponge

Flapjack

Orange Shortbread
served with Sliced Fruit

Apple Crumble
served with Custard

Chocolate Milkshake
served with Chocolate Biscuit

PACKED LUNCH – AVAILABLE DAILY

HAM, CHEESE OR TUNA SANDWICH,
SALAD, FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

Vegetarian

Oily fish

Wholegrain

Fruity!

Nutritionist's choice

(H) Halal Option Available

Internal