

WEEK 1 MENU

MAES EBBW



MONDAY


TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

Hot Main Dish

Cheese and Tomato Pizza 
Cheesy tomato pizza slice
Served with Potato wedges




Pork Sausages (H)
Traditional Pork or Chicken
sausages served with mash
potatoes and rich gravy


Roast Turkey with (H)
Roast Potatoes and Gravy
Succulent roast turkey with fluffy
roast potatoes and tasty gravy


Beef Meatballs in 
Tomato Sauce, Halal BBQ
Chicken Meatballs (H)
Served with Wholegrain Pasta




Golden Fish Fingers and Chips
Crispy fish fingers
and scrummy chips


Alternative Dish

Veggie Bolognese 
Penne pasta in a yummy
tomato sauce served with
wholemeal pasta


The Incredible Burger 
served with Potato Wedges

Quorn Roast with roast 
potatoes and Gravy
Succulent Quorn roast served with
fluffy roasties and rich gravy

Mild Chickpea 
And Potato Curry
Served with wholegrain rice

Quorn Dippers and Chips 
Crispy Quorn nuggets served with
chips and their fave sauce –
ketchup

Salad Bar


A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot


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tomato, grated carrot


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Including lettuce, cucumber,
tomato, grated carrot


Jacket Potato


Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans






Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans





Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans





Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans





Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans




Salad Bar


Tomato Pasta 
A delicious fresh, homemade
tomato sauce with penne pasta


Tomato Pasta
A delicious fresh, homemade
tomato sauce with penne pasta


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A delicious fresh, homemade
tomato sauce with penne pasta

Vegetables

Sweetcorn and Peas

Peas and Broccoli



Carrots and Cabbage

Green Beans and Sweetcorn



Baked Beans and Peas

Desserts


Flapjack
with Fruit Slices


Orange Shortbread
with Fruit Slice

Crunchy Chocolate Biscuit







Fruity Chocolate Brownie

Chocolate Shortbread

SPRING/SUMMER 2022

PACKED LUNCH – AVAILABLE DAILY
HAM, CHEESE OR TUNA SANDWICH
WITH VEG STICKS AND FRESH FRUIT OR
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT & FRESH FRUIT

 **Vegetarian**  **Oily fish**  **Wholegrain**  **Fruity!**  **Nutritionist's choice**
(H) Halal Option Available




WEEK 2 MENU

MAES EBBW




MONDAY

Hot Main Dish

 **Cheese and Tomato Pizza**
Cheesy tomato pizza slice
Served with Potato wedges

Alternative Dish

 **Veggie Bolognese**
Penne pasta in a yummy tomato sauce served with wholemeal pasta


Salad Bar

 **A Selection of Fresh Salads**
Including lettuce, cucumber, tomato, grated carrot

Jacket Potato

Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans


Salad Bar

 **Tomato Pasta**
A delicious fresh, homemade tomato sauce with penne pasta


Vegetables


Peas and Sweetcorn


Desserts

 **Oatie Biscuit**
with Fruit Slices
PACKED LUNCH – AVAILABLE DAILY
HAM, CHEESE OR TUNA SANDWICH
WITH VEG STICKS AND FRESH FRUIT OR
DESSERT OF THE DAY


TUESDAY

 **Pork Sausages (H)**
Traditional Pork or Chicken sausages served with mash potatoes and rich gravy


 **Veggie Balls in Tomato Sauce**
Herby vegetarian ball served in a rich tomato sauce with wholemeal pasta

 **A Selection of Fresh Salads**
Including lettuce, cucumber, tomato, grated carrot

Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans


 **Tomato Pasta**
A delicious fresh, homemade tomato sauce with penne pasta


Sweetcorn and Broccoli


 **Pineapple and Peach**
Crumble with Custard

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT & FRESH FRUIT


WEDNESDAY

 **Roast Beef (H)**
with Yorkshire Pudding and Gravy
Succulent roast beef with creamy mash potatoes and tasty gravy

 **Quorn Roast Served with**
Yorkshire Pudding and Gravy
Succulent Quorn roast served with creamy mash potatoes and rich gravy


 **A Selection of Fresh Salads**
Including lettuce, cucumber, tomato, grated carrot





Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans

 **Tomato Pasta**
A delicious fresh, homemade tomato sauce with penne pasta


Carrots and Cabbage


Lemon Drizzle Cake


 **Vegetarian**

 **Oily fish**  **Wholegrain**  **Fruity!**  **Nutritionist's choice**
(H) Halal Option Available


THURSDAY

 **Quorn Hot Dog**
Our favourite veggie hotdog served with ketchup in a soft roll served with potato wedges

 **Mild Chickpea**
And Potato Curry
Served with wholegrain rice

 **A Selection of Fresh Salads**
Including lettuce, cucumber, tomato, grated carrot

Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans


 **Tomato Pasta**
A delicious fresh, homemade tomato sauce with penne pasta


Green Beans and Sweetcorn

Chocolate Slice


FRIDAY

Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips


 **BBQ Veggie Burger**
Quorn Pattle in a Soft Bun Topped with BBQ Sauce

 **A Selection of Fresh Salads**
Including lettuce, cucumber, tomato, grated carrot

Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans

 **Tomato Pasta**
A delicious fresh, homemade tomato sauce with penne pasta

Baked Beans and Peas

 **Crispy Crackle Bar**
with Fruit slices

SPRING/SUMMER 2022