## Ebs catering Healthy food for growing minds



## Fresh & Delicious Gourmet Sandwiches, Made to Order

Daily fresh Crudités & fruits

Healthy <u>Snack option</u>

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	Chicken Korma with Rice and Naan	Cottage Pie	Chicken Macaroni Bake	Sweet and Sour Chicken with Steamed Rice	Fish and Chips
VEGETARIAN OPTION	Veggie Korma with Rice and Naan	Quorn Mince Cottage Pie	Macaroni Cheese	Sweet and sour veg with Steamed Rice	Cheese & Tomato Pizza and Chips
JACKET POTATO	Baked Bean	Baked Bean	Baked Bean	Spaghetti Hoops	Spaghetti Hoops
PACKED LUNCH	Ham or Cheese	Ham or Cheese	Ham or Cheese	Ham or Cheese	Packed Lunch
DESSERT	Cheese and Crackers	Fruit jelly	Apple Crumble With Custard	Mable Sponge with Custard	Doughnut
Week 2	Monday	Tuesday	Wedn <mark>esd</mark> ay	Thursday	Friday
MAIN	Spaghetti Beef Bolognaise with Garlic Bread	Chicken Sausage with Roast Potatoes & Gravy	Mild Chili Con Carne with Rice	Creamy Chicken and potato pie (Chicken Nuggets Chips and beans 6/10/22)	Fish Finger and Chips
VEGETARIAN OPTION	Quorn Spaghetti bolognese with Garlic bread	Vegetarian Sausage with roast & Gravy	Mild Beans Chili with Rice	Creamy Vegetable and Potato Pie (Veggie Nuggets Chips and beans 6/10/22)	Cheese & Tomato Pizza and Chips
JACKET POTATO	Spaghetti Hoops	Spaghetti Hoops	Baked Beans	Baked Beans	Baked Beans
PACKED LUNCH	Ham or Cheese	Ham or Cheese	Ham or Cheese	Ham or Cheese	Packed Lunch
DESSERT	lcecream	Fruit Shortbread square	Fruit Slice	Chocolate Sponge with Custard	Vanilla Muffin
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	Chicken Torino with Pasta	Beef and Potato Bake	Pasta topped with Rich Tomato and Basil Sauce ( Christmas dinner 14/12/22)	Savory Mince with Rice	Fish cake
VEGETARIAN OPTION	Macaroni Cheese	Quorn mince and Potato Bake	Pasta topped with Rich tomato and basil sauce	Quorn Savory Mince with Rice	Cheese & Tomato Pizza and Chips
ЈАСКЕТ РОТАТО	Baked Bean	Baked Beans	Baked Bean	Spaghetti Hoops	Spaghetti Hoops
PACKED LUNCH	Ham or Cheese	Ham or Cheese	Ham or Cheese	Ham or Cheese	Packed Lunch
DESSERT	Apple Crumble With Custard	Chocolate Muffin	Vanilla sponge with Custard	Fruit jelly	Chocolate Crunch

A portion of Fruit is available daily as an alternative to the dessert offered.

A portion of Bread, vegetables, or Salad is served with all meal

To ensure the quality of the dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu.

Although our menus are nut-free we cannot guarantee airborne traces

The week we are on

WEEK 1	September 5 <sup>th</sup> and 26 <sup>th</sup>	17th October 14th November	5 <sup>th</sup> December
WEEK 2	12 <sup>th</sup> September 3 <sup>rd</sup> & 31 <sup>th</sup> October	November 21 <sup>st</sup>	12th December
WEEK 3	19th September 10 <sup>th</sup> October	7th 28th November	

## Contact us for any query 07877700363