



EBOR GARDENS
Primary Academy

Week 1 Menu

W/C – 01/11/21, 22/11/21, 13/12/21, 03/01/22, 24/01/22, 14/02/22, 14/03/22



EBOR GARDENS
Primary Academy

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED	Sausage & Gravy	Chicken Pitta Pocket	Roast Chicken Dinner & Gravy	Macaroni Cheese	Fish Finger Bap
VEGETARIAN GREEN	Quorn Sausage & Gravy	Vegetable Pitta Pocket	Roast Quorn Dinner & Gravy	Vegetable Curry	Vegetable Plait
BLUE HALAL	Halal Sausage	Halal Chicken Pitta Pocket	Halal Roast Chicken Dinner	Macaroni Cheese	Fish Finger Bap
JACKET POTATO YELLOW	Fresh Baked Potato with Cheddar Cheese or Tuna	Fresh Baked Potato with Tuna or Baked Beans	Fresh Baked Potato with Cheddar Cheese or Baked Beans	Fresh Baked Potato with Cheddar Cheese or Tuna	Fresh Baked Potato with Cheddar Cheese or Baked Beans
CARBOHYDRATE	Mashed Potato	Pasta	Roast Potatoes	Pasta or Rice	Oven Baked Chips
VEGETABLE	Mixed Vegetables	Gardens Peas Mixed Salad	Glazed Carrots Savoy Cabbage	Broccoli Sweetcorn	Garden Peas Baked Beans
DESSERT	Frozen Yogurt	Orange Jelly	Autumn Fruit Crumble & Custard	Apple Shortbread	Chocolate Sponge & Custard



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Week 2 Menu

W/C – 08/11/21, 29/11/21, 10/01/22, 31/01/22, 28/02/22, 21/03/22



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WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE RED	Cheese & Tomato Pizza	Cottage Pie	Roast Chicken Dinner	Chinese Chicken Noodles	Fish Fingers
VEGETARIAN GREEN	Vegan Meatballs	Quorn Chicken Curry	Roast Quorn Dinner	Chinese Vegetable Noodles	Mac & Cheese
BLUE HALAL	Cheese & Tomato Pizza	Halal Minced Beef Pie	Halal Roast Chicken Dinner	Halal Chicken Noodles	Fish Fingers
JACKET POTATO YELLOW	Fresh Baked Potato with Cheddar Cheese or Baked Beans	Fresh Baked Potato with Tuna or Baked Beans	Fresh Baked Potato with Cheddar Cheese or Baked Beans	Fresh Baked Potato with Cheddar Cheese or Tuna	Fresh Baked Potato with Cheddar Cheese or Baked Beans
CARBOHYDRATE	Diced Potatoes	Rice	Mash Potato	Noodles	Baked Oven Chips Garlic Bread
VEGETABLE	Roast Vegetables Mixed Salad	Peas Sweetcorn	Gardens Peas Fresh Carrots Diced Swede	Mixed Salad Sweetcorn	Garden Peas Baked Beans
DESSERT	Bananas & Custard	Mandarin Cheesecake	Autumn Cake & Custard	Organic Yoghurts	Cookies



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Week 3 Menu

W/C – 15/11/21, 06/12/21, 17/01/22, 07/02/22, 07/03/22, 28/03/22



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WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED	Chicken & Sweetcorn Wrap	Hot Dog and Roll	Roast Chicken Dinner	(Quorn) Golden Dippers & Tomato Salsa	Fish Fingers
VEGETARIAN GREEN	Vegetable Wrap	Quorn Hot Dog and Roll	Roast Quorn Dinner	Roasted Vegetable Wholemeal Pasta Bake	Cheese Omelette
BLUE HALAL	Halal Chicken Wrap	Quorn Hot Dog and Roll	Halal Roast Chicken Dinner	(Quorn) Golden Dippers & Tomato Salsa	Fish Finger
JACKET POTATO YELLOW	Fresh Baked Potato with Cheddar Cheese or Tuna	Fresh Baked Potato with Tuna or Baked Beans	Fresh Baked Potato with Cheddar Cheese or Baked Beans	Fresh Baked Potato with Cheddar Cheese or Tuna	Fresh Baked Potato with Cheddar Cheese or Baked Beans
CARBOHYDRATE	Pasta	Diced Chips	Mash Potato	Garlic & Parsley Bread Diced Potatoes	Oven Baked Chips
VEGETABLE	Green Beans Sweetcorn	Roasted Sweetcorn Broccoli Florets	Roasted Carrots Savoy Cabbage	Gardens	Garden Peas Baked Peas
DESSERT	Jelly	Cookie	Frozen Yoghurt	Apple/Rhubarb & Custard	Oatey Raspberry Flapjack