



EBOR GARDENS
Primary Academy

September 2024 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One WC 2nd September 2024 & 23rd September 2024	Main Meal	Pork Sausage Roll, served with Wedges	Pasta Bolognese with Garlic Bread	Roast Turkey Dinner with Roast Potatoes and Gravy	Crispy Chicken Burger with Barbecue Sauce and Herby Diced potatoes	Fish Fingers served with Chips
	Vegetarian Meal	Vegan Sausage Roll	Meatless Meatballs & Pasta	Vegan Quorn Fillet with Roast Potatoes and Gravy	Southern Style Quorn Burger and Herby Diced potatoes	Vegan Nuggets served with Chips
	Halal Choice	Vegan Sausage Roll	Penne Pasta Bolognese	Roast Turkey Dinner	Crispy Chicken Burger with Barbecue sauce and Diced potatoes	Fish Fingers served with Chips and Ketchup
	Vegetables	Peas & Sweetcorn	Carrots & Green Beans	Medley of Seasonal Vegetables	Carrots & Sweetcorn	Garden Peas or Baked Beans
	Carb	Potato Wedges	Garlic Bread	Roast Potatoes	Diced Potatoes	Chips
	Dessert	Ice Cream & Berries or Fresh Fruit	Double Chocolate Brownie	Strawberry Delight Mousse or Fruit Pot	Golden Syrup Flapjack	Fruit Jelly & Ice Cream
Week Two WC 9th September 2024 & 30th September 2024	Main Meal	Barbecue Chicken Pizza	Sausage and Mash with Gravy	Roast Chicken Dinner with Roast Potatoes and Gravy	Chicken Tikka Masala with Rice	Fish in Batter served with chips
	Vegetarian Meal	Cheese & Tomato Pizza	Vegan Sausage and Mash with Gravy	Vegan Quorn Fillet with Roast Potatoes and Gravy	Spinach and Chickpea Masala with Rice	Cheesy Quorn Quesadilla served with Chips
	Halal Choice	Barbecue Chicken Pizza	Chicken sausage and Mash with Gravy	Roast Chicken Dinner with Roast Potatoes and Gravy	Chicken Tikka Masala with Rice	Fish in Batter
	Vegetables	Peas & Cauliflower	Broccoli & Carrots	Medley of Seasonal Vegetables	Carrots & Green Beans	Garden Peas or Baked Beans
	Carb	Crispy Diced Potatoes	Mashed Potatoes	Roast Potatoes	Rice or Chips	Chips
	Dessert	Ice Cream Sponge Roll	Doughnut	Chocolate Sponge and Chocolate Sauce	Fruit Jelly	Chocolate Chip Cookie
Week Three WC 16th September 2024 & 7th October 2024	Main Meal	Chilli Beef with Rice	Pasta Carbonara with Garlic Bread	Roast Chicken Dinner with Roast Potatoes and Gravy	Piri Piri Chicken with Seasoned Wedges and Coleslaw	Jumbo Battered Fish Fingers with Chips
	Vegetarian Meal	Meatless Meat Ball Sloppy Joe & Crispy Diced Potatoes	Veggie Lasagne with Garlic Bread	Vegan Quorn Fillet with Roast Potatoes and Gravy	Smoky Bean Enchiladas	Veggie Fingers served with Chips
	Halal Choice	Chilli Beef with Rice	Creamy Chicken Pasta Bake with Garlic Bread	Roast Chicken Dinner with Roast Potatoes and Gravy	Smoky Bean Enchiladas	Jumbo Battered Fish Fingers with Chips
	Vegetables	Green Beans & Carrots	Broccoli & Cauliflower	Medley of Seasonal Vegetables	Corn on the Cob & Salad	Garden Peas or Baked Beans
	Carb	Crispy Diced Potatoes	Garlic Bread	Roast Potatoes	Seasoned Wedges	Chips
	Dessert	Chocolate Delight Mousse	Cheesecake	Fruit Jelly	Chocolate Muffin	Cherry Flapjack

Available Daily:

- Freshly baked jacket potatoes with a choice of fillings
- Fresh bread • Cheese & crackers • Salad selection
- Whole fresh fruit • Yoghurts

Allergies:

If you would like to know about particular allergens in food, please ask a member of the catering staff.