EBOR GARDENS Primary Academy		Spring 2023/24 Menu				
		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> WC 8 January 2024 WC 29 January 2024	Main Meal	Chilli con Carne & Rice	Pizza with Pepperoni	Roast Chicken Dinner	Tuna Pasta Bake	Fish Finger Wrap
	Vegetarian Meal	Vegan Roll & Potato Wedges	Meatless Meatballs	Tomato & Basil Pasta with Garlic bread	Vegan Sausage with Diced Potato and Vegetables	Vegan Dippers
	Halal Choice	Quorn Chilli served with Rice	Chesse & Tomato Pizza	Roast Chicken Dinner	Tuna Pasta Bake	Fish Finger Wrap
	Vegetables	Peas & Sweetcorn	Peas & Carrots	Broccoli & Cauliflower	Carrots & Sweetcorn	Garden Peas & Baked Beans
	Carb	Rice or Potato Wedges	Chesse & Tomato Pizza	Roast Potatoes	Diced Potatoes or Garlic Bread	Chips
	Dessert	Cherry Cake & Custard	Lemon Drizzle Cake & Custard	Cherry Cake & Custard or Fruit Pot	Chocolate Muffin	Fruit Jelly & Ice Cream
<b>Week Two</b> WC 15 January  WC 5 February 2024	Main Meal	Mac n Cheese	Sausage and Mash	Roast Turkey Dinner	Chicken Fajita	Fish in Batter
	Vegetarian Meal	Vegan Quorn Wrap	Vegan Pasta Bake	Vegan Quorn Fillet	Vegan Chilli	Vegan Sausage
	Halal Choice	Cheese & Tomato Pizza	Chicken sausage with Mash and Vegetables	Roast Turkey Dinner	Chicken Fajita	Fish in Batter
	Vegetables	Peas & Carrots	Broccoli & Carrots	Baton Carrots & Broccoli	Peas & Broccoli	Garden Peas & Baked Beans
	Carb	Garlic Bread or Potato Wedges	Mashed Potatoes or Garlic Bread	Roast Potatoes	Rice or Chips	Chips
	Dessert	Apple Crumble & Custard	Carrot Cake	Apple Flapjack	Lemon Shortbread Biscuit	Chocolate Brownie
<b>Week Three</b> WC 1 January 2024  WC 22 January 2024	Main Meal	Chicken Tikka Curry & Rice	Pepperoni Pizza	Roast Turkey Dinner	Chicken Carbonara Pasta	Salmon Fishcake
	Vegetarian Meal	Vegan Tikka Curry & Rice	Tomato & Basil Pasta	Vegan Quorn Roast	Roasted Pepper Pasta	Fishless Fingers
	Halal Choice	Chicken Tikka Curry & Rice	Cheese & Tomato Pizza	Roast Chicken Dinner	Chicken & Mushroom Pasta	Salmon Fishcake
	Vegetables	Green Beans & Carrots	Broccoli & Peas	Medley of Seasonal Vegetables	Peas & Sweetcorn	Garden Peas & Baked Beans
	Carb	Rice or Chips	Potato Wedges	Roast Potatoes	Garlic Bread	Chips
	Dessert	Chocolate Muffin	Orange Shortbread & Custard	Fruit Jelly	Fruit Jelly	Cherry Flapjack
Available Daily:  • Freshly baked jacket potatoes with a choice of fillings  • Fresh bread • Cheese & crackers • Salad selection  • Whole fresh fruit • Yoghurts		<b>Menu Key:</b> <b>W</b> Vegetarian		Allergies:  If you would like to know about particular allergens in food please ask a member of the catering staff.		WELL CODING