



EBBW FAWR LEARNING COMMUNITY

School Lunch Menu

2020/20

Catering Manager
Mr. M. Crowle
mcrowle@ebbwfawr.co.uk



MENU

WEEK 1

Grab 'n' Go

MONDAY

Toasties

A melt sandwich with a selection of fillings.

Toasted Panini

a choice of Ham and Cheese or BBQ.

TUESDAY

Margherita Pizza

Freshly made with tomatoes & mozzarella cheese.

Sausage Bap

Classic Sausage Bap served in a soft white roll.

WEDNESDAY

Crisp Puff Pastry Pasties & Sausage Rolls

Toasted Panini

a choice of Ham and Cheese or BBQ.

THURSDAY

Burger Bar

Chicken Burger, Cheeseburger or Veggie Burger.

FRIDAY

Toasted Panini

with Ham & Cheese (or) BBQ pulled chicken.

Chicken Goujon Wraps

Crispy, golden chicken goujons in fajita wraps.

Pasta Pot Counter

MONDAY

Basil & Tomato

Creamy Chicken Korma

TUESDAY

Smokey BBQ Quorn

Chicken Italiano

WEDNESDAY

Chinese Vegetable Curry

Beefy Bolognese

THURSDAY

Tomato & Mascarpone

Korean BBQ Chicken

FRIDAY

Chef's Selection

Veggie & Meat Options Available

Pasta Twists

MONDAY

Steamed Rice

TUESDAY

Egg Noodles

WEDNESDAY

Steamed Rice

THURSDAY

Egg Noodles

FRIDAY

Steamed Rice



MENU

WEEK 2

Grab 'n' Go

MONDAY

Chicken Goujon Wraps

Crispy, golden chicken goujons in fajita wraps.

Toasted Panini

a choice of Ham and Cheese or BBQ.

TUESDAY

Burger Bar

Chicken Burger, Cheeseburger or Veggie Burger.

WEDNESDAY

Mom's Hotdogs

Quorn Hotdogs served with freshly diced onions.

Crisp Puff Pastry Pasties & Sausage Rolls

THURSDAY

Margherita Pizza

Freshly made with tomatoes & mozzarella cheese.

Toasted Panini

a choice of Ham and Cheese or BBQ.

FRIDAY

Toasties

A melt sandwich with a selection of fillings.

Toasted Panini

a choice of Ham and Cheese or BBQ.

Pasta Pot Counter

MONDAY

Pomodoro Sweet Onion & Tomato

Chinese Chicken Curry

TUESDAY

Mediterranean Pizza

Firecracker Chicken

WEDNESDAY

Basil & Tomato

BBQ Chicken Torino

THURSDAY

Veggie Bolognese

Chicken Tikka Masala

FRIDAY

Chef's Selection

Veggie & Meat Options Available.

Pasta Twists

MONDAY

Steamed Rice

TUESDAY

Egg Noodles

WEDNESDAY

Steamed Rice

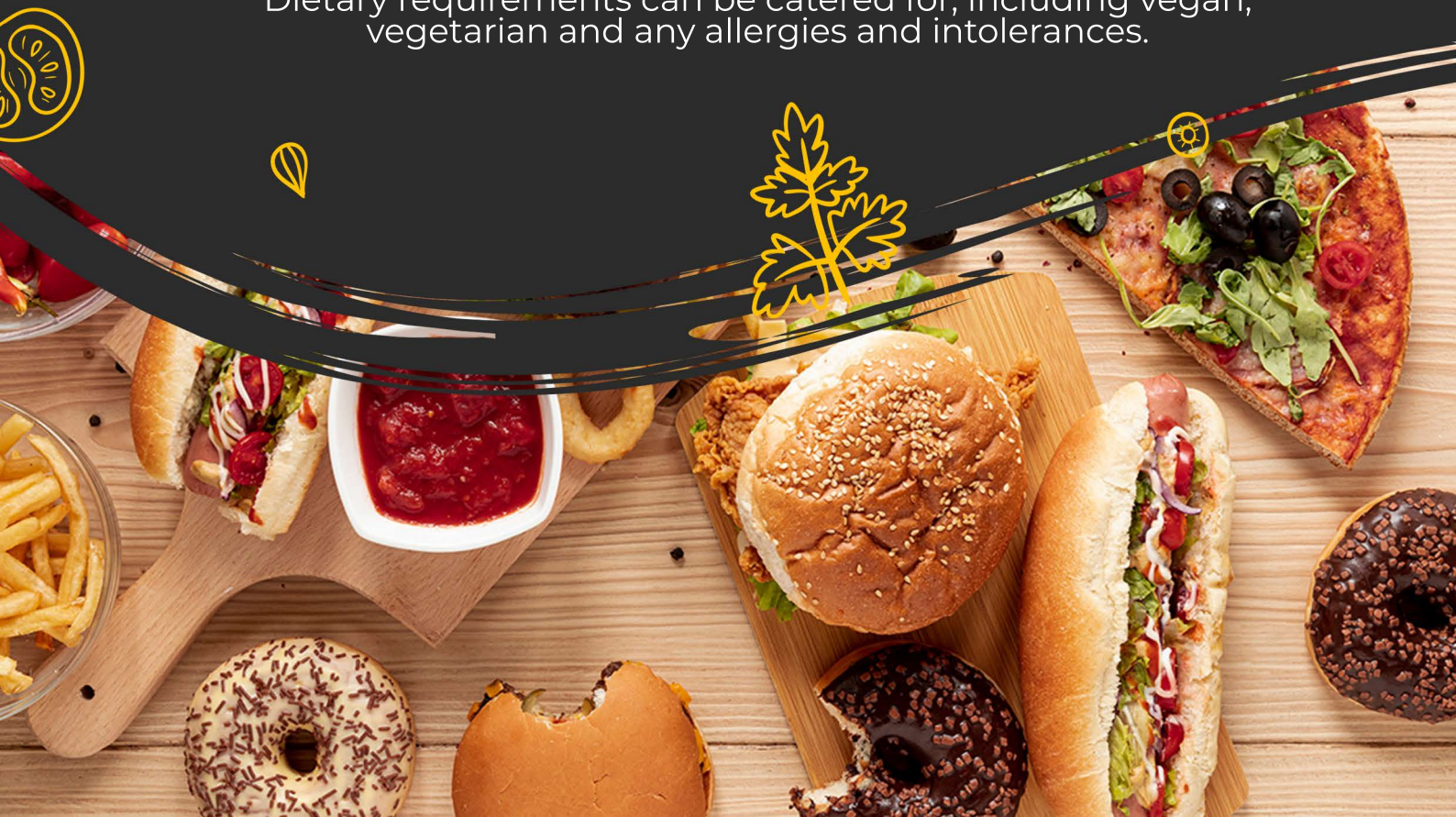
THURSDAY

Egg Noodles

FRIDAY

Steamed Rice

Dietary requirements can be catered for, including vegan, vegetarian and any allergies and intolerances.



CHILLED COUNTER

All Available Daily

Sandwiches

A variety of freshly made sandwiches.

Egg Mayonnaise

Coronation Chicken

Chicken & Sweetcorn Mayonnaise

Tuna & Sweetcorn Mayonnaise

Mixed Cheese & Spring Onion

Plain Ham

Plain Cheese

Chicken Tikka Mayonnaise

Tuna Mayonnaise

Cheese & Pickle

Sub Rolls

A selection of freshly prepared sub rolls with a variety of fillings.

Plain Ham

Plain Cheese

Ham & Cheese

Tuna, Sweetcorn & Mayonnaise

Ham Salad

Cheese Ploughman's

Deli Wraps

A delicious selection of fresh deli wraps.

Mexican Chicken

Chicken Caesar & Streaky Bacon

Tuna Mayonnaise & Red Pepper

Mixed Cheese & Spring Onion

Chicken Tikka, Cucumber & Spinach

Aloo Tiki & Spiced Mango Chutney

