



# Ebbsfleet Academy Menu



# Menu Week One

**Half-Day**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Meat Choice**

Tandoori Chicken in  
folded Naan with  
Salad

Mexican Chilli  
Con Carne & Rice

Jerk Chicken  
Drumsticks  
in Rice Box

Roast Beef with  
Yorkshire Pudding &  
Gravy

Battered Fish  
with Chunky Chips

**Vegetarian  
Choice**

MAC 'n' CHEESE  
with Garlic Slice

Barbeque  
Veggie Sausage &  
Onions & Peppers

Roasted Vegetab  
Curry Rice Box

Spiced Vegetable  
Jambalaya  
with Saffron Rice

Vegetable Past

**Jacket Potato**

Cheese, Tuna,  
Baked Beans

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Baked Beans

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Baked Beans

**Accompaniment**



Roasted  
Vegetables

Vegetables  
& Savoury Rice

Paprika Wedges  
and Crunchy Salad

Roasted Potatoes &  
Seasonal Vegetables

Chips Garden  
Peas Baked  
Beans

**Street Food**



Chilli & Cheese Tin  
Can Tortillas



Chicken & Salad  
Mayo Wrap



**Fresh Pizza**

Margherita  
Pepperoni

Margherita  
Cheese & Garlic

Margherita  
Pepperoni

Margherita  
Vegetable

Margherita  
Pepperoni

**Dessert**

Pineapple Upside  
Down Pudding

Lemon & Sultana  
Crumble Cake

Chocolate Orange  
Muffin

Spiced Apple  
Crumble  
& Custard

Toffee Cake with  
Toffee Sauce



**Allergy Aware**

# Menu Week Two

Half-Day

Tuesday

Wednesday

Thursday

Friday

Meat Choice

**KEEP  
CALM  
IT'S  
CURRY  
DAY**

Chicken Tikka  
Masala

Beef & Green  
Peppers  
in Black Bean Sauce

Meatball Marianna &  
Cheese Toasted  
Sub

Roast Turkey  
Seasoning &  
Cranberry Sauce

Chip Shop  
Fish & Chips

Vegetarian  
Choice

Vegetable Biryani

Quorn Bolognaise  
with Herb Spaghetti

Green Vegetables &  
Mushroom Noodle  
Stirfry

Roasted Vegetable  
Fajitas & Salad

Vegetable Spring  
Roll

Jacket Potato

Cheese, Tuna,  
Baked Beans

Cheese Tuna  
Baked Beans

Cheese Tuna Baked  
Beans

Cheese Tuna Baked  
Beans

Cheese Tuna  
Baked Beans

Accompaniment



Savoury Rice Aloo  
Gobi

Egg Fried Rice  
Garden Peas &  
Sweetcorn

Crunchy Salad  
Rainbow Slaw

Roasted Potatoes &  
Seasonal Vegetables

Chunky Chips  
Peas & Salad

Street Food

Curry Topped  
Jacket Potato



Cheese & Bacon  
'WOP' Burger



Chilli & Cheese Tin  
Can Tortillas

Fresh Pizza

Margherita  
Pepperoni

Margherita  
Cheese & Garlic

Margherita  
Pepperoni

Margherita  
Vegetable

Margherita  
Pepperoni

Dessert

Fruit Sponge  
& Custard

Zesty Citrus  
Yoghurt Cake

Fruit Puff  
& Custard

Cinnabon Bun

Iced Toffee Cake  
with Toffee Sauce



## Allergy Aware

# Menu Week Three

**Half-Day**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Meat Choice**

Traditional Lasagna  
& Garlic Bread

Chicken  
& Leek Pie

Singapore Chicken  
with Vegetables &  
Noodles

Roast Pork &  
seasoning

Chip Shop Fish &  
Chips

**Vegetarian  
Choice**

Roasted Red  
Pepper &  
Mozzarella Flan

Cheese, Onion  
Omelette

Vegetable Burger &  
Relish

Vegetable chilli with  
toasted Dipping  
Tortillas

Fish-Less Finger  
& Salad Wrap

**Jacket Potato**

Cheese Tuna  
Baked Beans

Cheese Tuna  
Baked Beans

Cheese Tuna Baked  
Beans

Cheese Tuna  
Baked Beans

Cheese Tuna  
Baked Beans

**Accompaniment**



Fresh Salad &  
Vegetables

New Potatoes  
Seasonal Veg

Crunchy Salad  
Hawaiian Slaw

Roast Potatoes &  
Vegetables

Garden Peas  
Baked Beans

**Street Food**



Smoked BBQ  
Smothered Bagel  
Chicken & Cheese



Jumbo Chili Dog &  
Salad



**Fresh Pizza**

Margherita  
Pepperoni

Margherita Cheese  
& Garlic

Margherita  
Pepperoni

Margherita  
Vegetable

Margherita  
Pepperoni

**Dessert**

Iced Vanilla Sponge

Banoffee Cake  
with Toffee Sauce

Berry Muffin

Spiced Apple  
Crumble & Custard

Manchester  
Custard Tart



**Allergy Aware**

# Menu Week Four

**Half-Day**

**KEEP CALM  
IT'S  
CURRY DAY**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Meat Choice

Chicken Rogan  
Josh Curry

Pork Sausage &  
onion Gravy

Pulled Pork Ciabatta  
with Stuffing

Roast Chicken with  
Seasoning & Gravy

Chip Shop Fish  
& Chips

Vegetarian  
Choice

Quorn &  
Vegetable Korma

Vegetable &  
Noodle Stir Fry

Veggie Sausage in  
Spicy Tomato

Country Vegetable  
Crumble

Mac 'n' Cheese  
Garlic Bread

Jacket Potato

Cheese Tuna  
Baked Beans

Cheese Tuna  
Baked Beans

Cheese Tuna Baked  
Beans

Cheese Tuna Baked  
Beans

Cheese Tuna  
Baked Beans

Accompaniment



Bombay Potato  
Spiced Broccoli &  
Green Beans

Mashed Potatoes  
Seasonal Vegetables

Paprika Wedges  
Coleslaw & Salad

Roast Potatoes  
Seasonal Vegetables

Mushy Peas  
Baked Beans

Street Food

Curry Loaded  
Jacket Potato



Pulled Pork Loaded  
Wedges & Salad  
Box



Fish Butty  
with Small Chips

Fresh Pizza

Margherita  
Pepperoni

Margherita  
Cheese & Garlic

Margherita  
Pepperoni

Margherita  
Vegetable

Margherita  
Pepperoni

Dessert

Banana Loaf  
& Custard

Chocolate Topped  
Pudding

Lemon Drizzle Cake  
& Custard

Spiced Apple  
Crumble  
& Custard

Chocolate  
Brownie



**Allergy Aware**





# School Food Standards

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- Standards for school food have been in place for many years now and are intended to help students develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day.



# School Food Standards – Best Practice

Standards for school food have been in place for many years now and are intended to help students develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day.

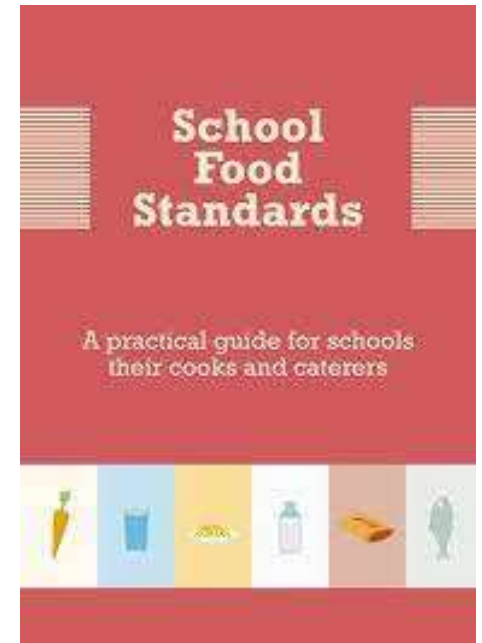
The standards are a legal requirement and apply to:

- All local authority maintained primary, secondary, special schools and pupil referral units in England.
- Sixth forms on the premises of secondary schools in England.
- Academies founded before September 2010 and after June 2014, with others encouraged to comply.

There are two sets of standards;

- Food-based standards for school lunches which cover all food and drink provided at lunchtime, including main meals, desserts and grab and go items.
- Food-based standards for food other than lunches which cover all food and drink provided at breakfast clubs, mid-morning break and after school clubs.

Don't forget, some of these standards apply across the school day. You'll need to look at your provision across the day and co-ordinate with other providers to check whether they're providing any restricted items and ensure there is a variety of food offered throughout the day.





## PASTA & SAUCE

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Pasta King is a pasta and sauce combination which we provided at the start of the contract in 2019. Due to the Covid-19 restrictions and school closures, we ceased to offer of this, but we are re-introducing this for the start of the new academic year in September 2023 as part of the 'STREET FOOD' offer.

This is a pot of fresh cooked hot pasta with a selection of sauces and served fresh to each customer. The sauces are created with schools in the forefront of their production and contain ground vegetables, so delivering one of the five a day, essential for a healthy and balanced meal. A topping of cheese of offered to complete the meal





# The Food-Based Standards For School Lunches

## Starchy foods.



One or more portions of food from this group every day.

Three or more different starchy foods each week.

One or more wholegrain varieties of starchy food each week.

Starchy food cooked in fat or oil no more than two days each week  
*(applies across the whole school day)*

Bread - with no added fat or oil - must be available every day.

## Fruit & Veg



One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day.

A dessert containing at least 50% fruit two or more times each week.

At least three different fruits and three different vegetables each week.

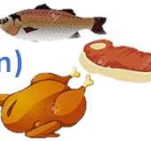
## Milk & Dairy



A portion of food from this group every day.

Lower fat milk must be available for drinking at least once a day during school hours.

## Meat, Fish, Eggs & Beans (& Other Non-Dairy Sources of Protein)



A portion of food from this group every day.

A portion of meat or poultry on three or more days each week  
Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools  
*(applies across the whole school day)*

# The Food-Based Standards For School Lunches



## Foods High in Fat, Sugar and Salt.

No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week (*applies across the whole school day*)

No more than two portions of food which include pastry each week (*applies across the whole school day*)

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (*applies across the whole school day*)

Savoury crackers or bread-sticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate coated products (*applies across the whole school day*)

Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked (*applies across the whole school day*)

Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful

(*applies across the whole school day*)



# The Food-Based Standards For School Lunches



## Healthier Drinks (Applies Across The Whole School Day)

### ***Free, fresh drinking water at all times***

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 150mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.



# Mid-Morning Break

Mid-morning break is a chance for students to top up their energy levels during the morning. It's also a chance for those that haven't had breakfast to get something and for anyone that takes part in extra-curricular activities at lunchtime to buy something to have for their lunch. Therefore it's important to offer a range of healthy items each day.

The following 3-week menu cycle illustrates the variety of different options that you could offer each day and across the week

**Note: Recipes for some of the items like fruit pots, yoghurt potstopped toast and bagels and overnight oats are listed under the breakfast section.**





# HOMEBAKING HOME PRODUCED CAKES

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The catering team produce daily varieties of home produced and purchased desserts and cakes which are available at all service times and stations throughout the day.

All the cakes are produced using all fresh ingredients, and when used in all areas, Free Range Eggs are used at all times.

A range of bread based cakes and desserts are available through the day and all service times.







## Mid-Morning Break Menu

### Breakfast Rolls:

Bacon Roll	£0.99
Sausage Roll	£0.99
Ham & Cheese Roll	£1.05
Cheese Roll	£0.99

### Additional Items:

Pizza Naan	£0.99
Waffle	£0.99
Croissant	£0.99

### Homebak ing – Cakes & Cookies

Fruit Muffin	£0.99
Flapjack	£0.99
Choco Brownie	£0.99
Cookie	£0.99
Lemon Drizzle	£0.99
Fruit Pots	£0.60



Assorted Cakes £0.99



