

# FOOD NUTRITION WEEK

**EBC MARKET PLACE //**  
**WEEK COMMENCING 26TH OF JAN**

All of the dishes used during food and nutrition week have been carefully selected, as they offer a low to medium daily guideline allowance in salt, fat and saturates.



Monday 26th of Jan	Tuesday 27th of Jan	Wednesday 28th of Jan	Thursday 29th of Jan	Friday 30th of Jan
<p>Sweet Potato, Feta &amp; Mint Filo Parcel with Mint Yoghurt, Side Salad &amp; Sweet Potato Wedges <b>£4.00</b></p>	<p>Griddled Spiced Chicken Breast in a Pitta Bread with Greek Salad and Lime &amp; Mint Yoghurt Dressing <b>£4.25</b> Includes x 2 Side Dishes</p>	<p>Nawabi Biryani made using chicken, Masala spices and yoghurt <b>£4.00</b> with Boiled Rice</p>	<p>Chicken Stir Fry <b>£4.25</b> or Vegetable Black Bean Stir Fry <b>£3.80</b> with Egg Noodles and Prawn Crackers</p>	<p>Chefs Theatre Salads Butternut Squash and Feta Salad Poached Salmon Salad <b>£4.20</b></p>
<p>Chilli Non Carne served with Rice, Chilli &amp; Lime Corn on the Cob and Mixed Salad <b>£4.00</b></p>	<p>Falafel served with Pickled Red Cabbage Salad, Pitta Bread and Yoghurt <b>£3.80</b></p>	<p>Hindu Chana Saag Palak A vegetarian curry using Masala spices, chickpeas, spinach and mango <b>£3.80</b></p>	<p>Skewered Chicken Satay with Couscous &amp; Celeriac Salad <b>£4.00</b></p>	<p>Salmon with a Herb Crust served with Mixed Leaf Salad and New Potatoes <b>£4.20</b></p>
	<p><b>Sides</b> Sweet Potato Wedges £1.00 Sweet Potato Salsa £0.50 Mixed Salad £0.75</p>	<p><b>Sides</b> Chapatti Bread £0.50 Vegetable Samosa £1.00</p>	<p><b>Sides</b> Mini Spring Rolls £1.00 Prawn Crackers £0.50</p>	<p>Sustainable Battered Pollock Fillet served with, Chips, Garden Peas or Mushy Peas <b>£4.00</b></p>



@BUEATANDDRINK



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