

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Emmbrook Infants
Menu
Autumn 2019



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Beef Meatballs in a Tomato Sauce served with 50/50/Rice	Cheese and Tomato Pizza With New Potatoes	Roast Chicken with Roast Potatoes & Gravy	Chicken Arrabiata Pasta with Garlic Bread	MSC Fish Fingers with Chips
02/09/19 23/09/19 14/10/19 11/11/19 02/12/19	Vegetarian	Five Bean Chilli with 50/50 Rice	Vegetable Tagine with Couscous	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Pasta Bake	Cheese and Onion Quiche with Chips
	Side	Green Beans Carrots	Sweet Corn Green Beans	Cauliflower Broccoli	Green Beans Sweet Corn	Baked Beans Peas
	Dessert	Chocolate Pudding with Custard Fresh Fruit	Orange Drizzle Cake Fresh Fruit	Catherine Wheel Cookie Fresh Fruit	Jelly Fresh Fruit	Chocolate & Banana Oaty Square Fresh Fruit
Week 2	Main	Pork Sausage in a Hot Dog Roll with Potato Wedges	Beef Cottage Pie with Gravy	Roast Gammon with Roasted New Potatoes and Gravy	Chicken Tagine with Rice	MSC Breaded Fish with Chips
09/09/19 30/09/19 21/10/19 18/11/19 09/12/19	Vegetarian	Glamorgan Bean & Leek Sausage in a Roll with Potato Wedges	Spicy Bean Burger with New Potatoes	Creamy Vegetable Pie with Roasted New Potatoes and Gravy	Macaroni Cheese	Red Pepper & Cheese Frittata
	Side	Sweet Corn Carrots	Peas Cauliflower	Cabbage Carrots	Sweet Corn Broccoli	Baked Beans Peas
	Dessert	Chocolate Shortbread Fresh Fruit	Iced Sponge Fresh Fruit	Chocolate Cake Fresh Fruit	Eve's Pudding with Custard Fresh Fruit	Lemon & Mixed Berry Cake Fresh Fruit
Week 3	Main	Spaghetti Beef Bolognese	Chicken and Gravy Pie with Mashed Potato Topping	Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Fish in Batter with Chips
16/09/19 07/10/19 04/11/19 25/11/19 16/12/19	Vegetarian	Vegetarian Spaghetti Bolognese	Lentil & Sweet Potato Curry with Rice	Vegetarian Wellington with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Rice	Vegetable Wholemeal Pasta Bake
	Side	Peas Carrots	Sweet Corn Broccoli	Mixed Seasonal Vegetables	Green Beans Sweet Corn	Baked Beans Peas
	Dessert	Banana Loaf with Custard Fresh Fruit	Shortbread Fresh Fruit	Jelly Fresh Fruit	Chocolate & Mandarin Sponge with Chocolate Sauce	Iced Sponge Fresh Fruit



Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily & Daily salad selection