

# Emmbrook Junior School Spring Menu 2020



**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

<b>WEEK ONE</b> 06/01/2020 27/01/2020 24/02/2020 16/03/2020	<b>Option 1</b>	Chicken Curry with 50/50 Rice	Sausage, Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Tomato and Vegetable Pasta with Garlic Slice	Fish Fingers with Chips
	<b>Option 2</b>	Macaroni Cheese	Glamorgan Vegetarian Sausages, Mashed Potato and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Lentil and Sweet Potato Curry with Rice	Cheese and Tomato Quiche with Chips
	<b>Vegetables</b>	Sweet Corn Peas	Cauliflower Broccoli	Carrots Green Beans	Seasonal Vegetables Green Salad	Baked Beans Peas
	<b>Dessert</b>	Apple Flapjack Yoghurt Fresh Fruit	Chocolate Cake Yoghurt Fresh Fruit	Apple, Cheese & Crackers Yoghurt Fresh Fruit	Syrup Sponge with Custard Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station Chocolate Cookie
<b>WEEK TWO</b> 13/01/2020 03/02/2020 02/03/2020 23/03/2020	<b>Option 1</b>	Cheese and Tomato Pizza with Baked Wedges	Sausage Plait with New Potatoes	Roast Gammon Roast Potatoes and Gravy	Mexican Beef Chilli with Rice & Garlic Slice	Breaded Fish with Chips
	<b>Option 2</b>	Chickpea Curry with Rice	Potato and Courgette Layer bake	Quorn Roast Fillet with Roast Potatoes and Gravy	Vegetarian Bolognese with Rice & Garlic Slice	Cheese Frittata with Chips
	<b>Vegetables</b>	Sweet Corn Carrots	Peas Cauliflower	Cabbage Green Beans	Sweet Corn Broccoli	Baked Beans Peas
	<b>Dessert</b>	Oaty Pear Crumble and Custard Yoghurt Fresh Fruit	Chocolate Cake with Chocolate Drizzle Yoghurt Fresh Fruit	Apple, Cheese & Crackers Yoghurt Fresh Fruit	Carrot & Courgette Cake Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station Orange & Lemon Shortbread
<b>WEEK THREE</b> 20/01/2020 10/02/2020 09/03/2020 30/03/2020	<b>Option 1</b>	Plant Based Beef Lasagne	Chicken & Sweet Corn Pie with New Potatoes & Gravy	Roast Pork Loin Roast Potatoes and Gravy	Chicken Stir Fry with Rice	Fish in Batter With Chips
	<b>Option 2</b>	Butterbean Vegetable Risotto	Vegetable Hotpot	Cheese and Pepper Whirl with Roast Potatoes and Gravy	Wholemeal Pasta Bake	Bean and Lentil Burger with Chips
	<b>Vegetables</b>	Sweet Corn Broccoli	Cauliflower Green Beans	Swede Peas	Carrot Sticks Seasonal Vegetables	Baked Beans Peas
	<b>Dessert</b>	Oaty Cookie Yoghurt Fresh Fruit	Iced Sponge and Custard Yoghurt Fresh Fruit	Apple, Cheese & Crackers Yoghurt Fresh Fruit	Chocolate and Orange Brownie Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station Iced Bun

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

**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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.