

Emmbrook Infant School Spring Menu 2020



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

WEEK ONE 06/01/2020 27/01/2020 24/02/2020 16/03/2020	Option 1	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
	Option 2	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
	Vegetables	Sweet Corn Peas	Cauliflower Broccoli	Carrots Green Beans	Seasonal Vegetables Green Salad	Baked Beans Peas
	Dessert	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
WEEK TWO 13/01/2020 03/02/2020 02/03/2020 23/03/2020	Option 1	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
	Option 2	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
	Vegetables	Sweet Corn Carrots	Peas Cauliflower	Cabbage Green Beans	Sweet Corn Broccoli	Baked Beans Peas
	Dessert	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
WEEK THREE 20/01/2020 10/02/2020 09/03/2020 30/03/2020	Option 1	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
	Option 2	Butterbean Vegetable Risotto	Vegetable Hotpot	Cheese and Pepper Whirl with Roast Potatoes and Gravy	Wholemeal Pasta Bake	Bean and Lentil Burger with Chips
	Vegetables	Sweet Corn Broccoli	Cauliflower Green Beans	Swede Peas	Carrot Sticks Seasonal Vegetables	Baked Beans Peas
	Dessert	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.