

Emmbrook Infants Spring Menu 2020 EGG free

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	Fish Fingers/ Salmon Fish Fingers with Chips
	Option 2	Macaroni Cheese	Vegetarian Sausages, Mashed Potato and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Lentil & Sweet Potato Curry with Rice	Jacket Potato with a choice of fillings (No Mayonnaise)
	Vegetables	Sweet Corn Peas	Cauliflower Broccoli	Carrots Green Beans	Seasonal Vegetables Green Salad	Baked Beans Peas
	Dessert	Apple Flapjack Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Chocolate Cookie Fresh Fruit and Yoghurt Station
Week Two 13/01/2020 03/02/2020 02/03/2020 23/03/2020	Option 1	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Roast Gammon Roast Potatoes and Gravy	Mexican Beef Chilli with Rice	Breaded Fish with Chips
	Option 2	Chickpea Curry with Rice	Potato and Courgette Layer Bake	Vegetarian Sausage with Roast Potatoes and Gravy	Vegetarian Bolognese With Rice	Jacket Potato with a choice of fillings (No Mayonnaise)
	Vegetables	Sweet Corn Carrots	Peas Cauliflower	Cabbage Green Beans	Sweet Corn Broccoli	Baked Beans Peas
	Dessert	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Orange and Lemon Shortbread Fresh Fruit and Yoghurt Station
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 and Gravy	Roast Pork, Roast Potatoes and Gravy	Chicken Stir Fry With Rice	Fish in Batter With Chips
	Option 2	Butter Bean Vegetable Risotto with Rice	Vegetable Hotpot	Cheese and Pepper Whirl with Roast Potatoes	Wholemeal Pasta Bake	Bean and Lentil Burger with Chips
	Vegetables	Sweet Corn Broccoli	Cauliflower and Green Beans	Swede Peas	Carrot Sticks Seasonal Vegetables	Baked Beans Peas
	Dessert	Oaty Cookie Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station

Available Daily:
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- 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.