

Emmbrook Infants Spring Menu 2020 MILK FREE

Monday

Tuesday

Wednesday

Thursday

Friday



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|---|-------------------|---|--|---|--|--|
| Week One 06/01/2020 27/01/2020 24/02/2020 16/03/2020 | Option 1 | Chicken Curry with 50/50 Rice (No Yoghurt) | 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 | Jacket Potato with baked beans or Tuna | Linda McCartney 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 |
| | Vegetables | Sweet Corn Peas | Cauliflower Broccoli | Carrots Green Beans | Seasonal Vegetables Green Salad | Baked Beans Peas |
| | Dessert | Apple Flapjack Fresh Fruit | Chocolate Cake Fresh Fruit | Fresh Fruit | Syrup Sponge (No Custard) Fresh Fruit | Chocolate Cookie Fresh Fruit |
| Week Two 13/01/2020 03/02/2020 02/03/2020 23/03/2020 | Option 1 | Jacket Potato with a choice of fillings | Sausage Roll with New Potatoes | Roast Gammon Roast Potatoes and Gravy | Mexican Beef Chilli with Rice | Breaded Fish with Chips |
| | Option 2 | Chickpea Curry with Rice | Jacket Potato with a choice of fillings | Quorn Roast Fillet with Roast Potatoes and Gravy | Vegetarian Bolognese With Rice | Frittata with Chips (No Cheese) |
| | Vegetables | Sweet Corn Carrots | Peas Cauliflower | Cabbage Green Beans | Sweet Corn Broccoli | Baked Beans Peas |
| | Dessert | Oaty Pear Crumble Fresh Fruit | Chocolate Cake Fresh Fruit | Fresh Fruit | Carrot and Courgette Cake Fresh Fruit | Orange and Lemon Shortbread Fresh Fruit |
| Week Three 20/01/2020 10/02/2020 09/03/2020 30/03/2020 | Option 1 | PB Bolognese with Pasta (No Cheese/White Sauce) | Jacket Potato with a choice of fillings | 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 | Quorn Roast Fillet with Roast Potatoes and Gravy | Wholemeal Pasta Bake (No Cheese) | Bean and Lentil Burger with Chips |
| | Vegetables | Sweet Corn Broccoli | Cauliflower and Green Beans | Carrots Peas | Carrot Sticks Seasonal Vegetables | Baked Beans Peas |
| | Dessert | Oaty Cookie Fresh Fruit | Iced Sponge Fresh Fruit | Fresh Fruit | Chocolate and Orange Brownie Fresh Fruit | Fresh Fruit |

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.