

# Emmbrook Infants Spring Menu 2020 - NGCI



## 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

NGCI Sausage,  
Mashed Potatoes &  
**NGCI Gravy**

Roast Chicken with  
Roast Potatoes & **NGCI  
Gravy (No Stuffing)**

Tomato and Vegetable  
Sauce with NGCI Pasta

NGCI Bubble-Coated  
Fish with Chips

#### Option 2

NGCI Macaroni  
Cheese

Jacket Potato with a  
choice of fillings

Quorn Roast Fillet with  
Roast Potatoes and  
**NGCI 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

NGCI Apple Crumble  
Yoghurt  
Fresh Fruit

NGCI Chocolate  
Sponge  
Yoghurt  
Fresh Fruit

Apple & Cheese  
**(No Crackers)**  
Yoghurt  
Fresh Fruit

Yoghurt  
Fresh Fruit

NGCI Chocolate  
Shortbread  
Fresh Fruit and Yoghurt

### Week Two

13/01/2020  
03/02/2020  
02/03/2020  
23/03/2020

#### Option 1

NGCI Cheese &  
Tomato Pizza  
& Wedges

NGCI Sausage,  
New Potatoes &  
**NGCI Gravy**

Roast Gammon Roast  
Potatoes & **NGCI Gravy**

Mexican Beef Chilli  
with Rice **(No Cumin)**

NGCI Bubble-Coated  
Fish with Chips

#### Option 2

Chickpea Curry  
with Rice

Jacket Potato with a  
choice of fillings

Quorn Roast Fillet with  
Roast Potatoes and  
**NGCI Gravy**

Jacket Potato with a  
choice of fillings

Cheese Frittata  
with Chips

#### Vegetables

Sweet Corn  
Carrots

Peas  
Cauliflower

Cabbage  
Green Beans

Sweet Corn  
Broccoli

Baked Beans  
Peas

#### Dessert

NGCI Pear Crumble  
and custard  
Yoghurt  
Fresh Fruit

NGCI Chocolate Cake  
with Chocolate Drizzle  
Yoghurt  
Fresh Fruit

Apple & Cheese  
**(No Crackers)**  
Yoghurt  
Fresh Fruit

NGCI Carrot and  
Courgette Cake  
Yoghurt  
Fresh Fruit

NGCI Shortbread  
Fresh Fruit and Yoghurt

### Week Three

20/01/2020  
10/02/2020  
09/03/2020  
30/03/2020

#### Option 1

PB Bolognese with  
NGCI Pasta

NGCI Chicken &  
Sweet Corn Pie with  
**NGCI Gravy**

Roast Pork, Roast  
Potatoes and **NGCI  
Gravy**

Chicken Stir Fry  
**(No Soy Sauce)**

NGCI Bubble-Coated  
Fish with Chips

#### Option 2

Butter Bean Vegetable  
Risotto with Rice

Vegetable  
Hotpot

Quorn Roast Fillet with  
Roast Potatoes and  
**NGCI Gravy**

NGCI Vegetable  
Pasta Bake

NGCI Bean and Lentil  
Burger (NO BUN)  
with Chips

#### Vegetables

Sweet Corn   
Broccoli

Cauliflower   
Green Beans

Swede  
Peas

Carrot Sticks  
Seasonal  
Vegetables

Baked Beans  
Peas

#### Dessert

NGCI Vanilla Sponge  
Yoghurt  
Fresh Fruit

NGCI Iced Sponge  
Yoghurt  
Fresh Fruit

Apple & Cheese  
**(No Crackers)**  
Yoghurt  
Fresh Fruit

NGCI Chocolate and  
Orange Brownie  
Yoghurt  
Fresh Fruit

NGCI Shortbread  
Fresh Fruit and Yoghurt

#### 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.