

Emmbrook Junior School Autumn Menu 2021

Monday

Tuesday

Wednesday










Thursday

Friday




Week One 30/08/2021 20/09/2021 11/10/2021 08/11/2021 29/11/2021

Option 1	Vegetable and Bean Fajitas with 50/50 Rice	Beef Burger in a Bun with Potato Wedges	Roast Chicken with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread 	MSC Fish Fingers with Chips and Tomato Sauce
Option 2	Macaroni Cheese with Garlic Slice 	Vegan Sausage Hot Dog with Potato Wedges	Vegetable Wellington with Roast Potatoes and Gravy 	Vegetarian Lasagne	Homity Pie with Chips (Cheese, Spinach & Potato Tart)
Vegetables	Green Beans Carrots	Coleslaw Sweet Corn	Cauliflower Broccoli	Roasted Mixed Vegetables	Baked Beans Garden Peas
Dessert	Sticky Toffee Apple Crumble with Custard 	OBC Syrup Sponge 	Marble Sponge	Oaty Cookie 	Apple, Cheese and Biscuits

Week Two 06/09/2021 27/09/2021 18/10/2021 15/11/2021 06/12/2021

Option 1	Cheese and Tomato Pizza with New Potatoes 	Mince Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Mediterranean Chicken with Rice 	MSC Breaded Fish with Chips and Tomato Sauce
Option 2	Vegetable Tagine with Couscous 	Roasted Cauliflower Curry with Rice 	Roasted Quorn Fillet with Roast Potatoes and Gravy	Vegetable Enchiladas	Mexican Bean Roll with Chips 
Vegetables	Green Beans Cauliflower	Sweet Corn Garden Peas	Cabbage Carrots	Sweet Corn Broccoli	Baked Beans Garden Peas
Dessert	Pear Crumble with Custard 	Chocolate Shortbread 	Pinwheel Cookie 	Peach Upside Down Cake	Apple Flapjack 

Week Three 13/09/2021 04/10/2021 01/11/2021 22/11/2021 13/12/2021

Option 1	Vegetarian Tortilla Stack with Rice 	Sausage Roll with Herby Diced Potatoes	Roast Beef with Roast Potatoes and Gravy	Chicken and Broccoli Pasta Bake	MSC Fish in Batter with Chips and Tomato Sauce
Option 2	Vegan Meatballs in Tomato Sauce with Rice 	Shepherdess Pie with Gravy 	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Tomato and Lentil Pasta	BBQ Quorn with Chips
Vegetables	Broccoli Sweet Corn 	Garden Peas Carrots	Carrot and Swede Mash	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Eves Pudding and Custard	Chocolate Sponge with Chocolate Sauce	Fruit and Ice Cream	Rice Pudding with Mixed Berries	Pineapple Cake

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.