

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.

Emmbrook Junior
School Spring
Menu 2019 - 2

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sweet & Sour Chicken with Noodles	Beef Macaroni Pastitsio with Garlic Bread	Roast Gammon with Roast Potatoes and Gravy	Beef Chilli Con Carne with Rice	MSC Breaded Fish Chipped Potatoes, Tomato Sauce
31-Dec 21-Jan 11-Feb 11-Mar 01-Apr	Vegetarian	Vegetable Wholemeal Pasta Bake	Wholemeal Spinach & Tomato Quiche with New Potatoes	Vegetable Wellington	Macaroni Cheese	Glamorgan Sausage with Chipped Potatoes
	Side	Sweet Corn Green Beans	Peas Cauliflower	Carrots Broccoli	Sweet Corn Peas	Baked Beans Garden Peas
	Dessert	Oaty Peach Crumble & Custard	Chocolate & Mandarin Brownie	Oaty Cookie	Pineapple Upside Down Cake with Custard	Iced Sponge And Fruit Station
Week 2	Main	Pork Sausages with Mashed Potato & Gravy	Chicken and Sweet Corn Puff Pastry Pie with New Potatoes	Roast Turkey with Roast Potatoes & Gravy	Beef Spaghetti Bolognese with a Garlic Slice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
07-Jan 28-Jan 25-Feb 18-Mar	Vegetarian	Quorn Sausages with Mashed Potato & Gravy	Lentil and Vegetable Curry with Rice	Potato & Courgette Layer Bake	Vegetable Spaghetti Bolognese with a Garlic Slice	Cheese Tomato & Spinach Frittata with Chipped Potatoes
	Side	Cauliflower Peas	Broccoli Sliced Carrots	Red Cabbage Green Beans	Sweet Corn Green Salad	Baked Beans Garden Peas
	Dessert	Chocolate Shortbread, Natural Flavoured Yoghurt or Fresh Fruit	Banana Sponge & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Jelly or Fresh Fruit	Wholemeal Mixed Fruit Crumble & Custard or Fresh Fruit	Cinnamon Cookie Yoghurt and Fruit Station
Week 3	Main	Wholemeal BBQ Chicken Pizza with Potato Wedges	Beef and Vegetable Hotpot with Sliced Potatoes	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice	MSC Fish Fingers Chipped Potatoes, Tomato Sauce
14-Jan 04-Feb 04-Mar 25-Mar	Vegetarian	Wholemeal Cheese & Tomato Pizza with Potato Wedges	Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Vegetable Tagine with Couscous	Spanish Omelette with Chipped Potatoes
	Side	Sweet Corn Green Beans	Shredded Cabbage Peas	Broccoli Carrots	Vegetable Medley Sweet Corn	Baked Beans Garden Peas
	Dessert	Fruit Jelly Yoghurt or Fresh Fruit	Lemon & Mixed Berry Cake, Natural Flavoured Yoghurt or Fresh Fruit	Mandarins & Ice Cream or Fresh Fruit	Pear Crumble and Custard, or Fresh Fruit	Chocolate & Banana Oaty Square Yoghurt & Fruit Station