

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 Summer Menu 2019



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 22-Apr 13-May 10-Jun 1-Jul 22-Jul	Main	Beef Spaghetti Bolognaise with a slice of Garlic Bread	Pork Sausages with Baked Potato Wedges and Gravy	Roast Turkey with Roasted New Potatoes & Gravy	Chicken and Bean Fajitas with Rice	Fish Fingers, Chips and Tomato Sauce
	Vegetarian	Wholemeal Pasta Neapolitan with Spinach	Glamorgan Bean & Leek Sausage with Baked Potato Wedges & Gravy	Creamy Vegetable Pie with Roast Potatoes & Gravy	Mixed Bean Cassoulet with Rice	Cheese and Pepper Whirl with Chips
	Side	Carrots Garden Peas	Sweet Corn Green Beans	Sliced Carrots Broccoli	Sweet Corn Cauliflower	Baked Beans Garden Peas
	Dessert	Sticky Toffee Apple Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit Salad	Fruit Jelly Fresh Fruit Platter	Eve's Pudding Yoghurt Fresh Fruit Salad	Chocolate Cocoa Cookie Fresh Fruit Salad
Week 2 29-Apr 20-May 17-Jun 8-Jul	Main	Beef Burger in a Bun with Baked Jacket Wedges	BBQ Chicken with 50/50 Rice	Roast Gammon with Roast Potatoes & Gravy	Beef Lasagne with Garlic Bread	MSC Breaded Fish Chips, Tomato Sauce
	Vegetarian	Spicy Bean Burger in a Bun with Baked Jacket Wedges	Macaroni Cheese	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Vegetarian Fajitas with 50/50 Rice	Vegetable Pasty with Chips
	Side	Sweet Corn Peas	Green Beans Cabbage	Sliced Carrots Cauliflower	Broccoli Sweet Corn	Baked Beans Garden Peas
	Dessert	Chocolate & Banana Square Fresh Fruit Salad	Lemon Drizzle Cake Fresh Fruit Platter	Apple Flapjack Fresh Fruit Salad	Peach Upside Down Cake with Custard Fresh Fruit Platter	Cinnamon Cookie Fresh Fruit Salad
Week 3 6-May 3-Jun 24-Jun 15-Jul	Main	Wholemeal Beef and Red Pepper Pizza with New Potatoes	Beef Meatballs with Pasta and Gravy	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Chicken Tikka Masala with Rice & Curry Bread	Battered Fish, Chips, Tomato Sauce
	Vegetarian	Wholemeal Cheese & tomato Pizza with New Potatoes	Vegetarian Pin Wheels	Vegetable Wellington with Roast Potatoes & Gravy	Sweet Potato & Lentil Curry served with Rice with Curry Bread	Red Pepper and Cheese Frittata with Chips
	Side	Sweet Corn Peas	Sliced Carrots Green Beans	Broccoli and Cauliflower	Sweet Corn Green Beans	Garden Peas Baked Beans
	Dessert	Iced Sponge with Custard Yoghurt Fresh Fruit Salad	Vanilla Shortbread Yoghurt Fresh Fruit Platter	Fruit Jelly Yoghurt Fresh Fruit Salad	Apple Pie with Custard Yoghurt Fresh Fruit Platter	Carrot & Sultana Cake Fresh Fruit Salad



Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily
Daily salad selection