

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 Infants Menu Autumn 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausage Pasta Bake	Chicken Stir Fry	Roast Gammon with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Fishcake with Chips
03-Sep	Vegetarian	Potato & Courgette Layer Bake	Vegetable Enchiladas with Rice	Quorn Roast with Roast Potatoes and Gravy	Macaroni Cheese & Garlic Slice	Sweet & Sour Quorn Vegetables with Noodles
24-Sep						
15-Oct		Carrots & Peas	Sweet Corn & Green Beans	Cauliflower & Carrots	Sweet Corn Broccoli	Baked Beans Garden Peas
12-Nov		Wholemeal Apple Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate Cocoa Cookie Yoghurt Fresh Fruit Salad	Carrot & Sultana Cake with Custard Yoghurt Fresh Fruit Platter	Jelly with Custard Fresh Fruit Salad Yoghurt Fresh Fruit Salad	Orange Tray Bake Yoghurt Fresh fruit Platter
03-Dec	Dessert					
Week 2	Main	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese with Tomato Bread	MSC Breaded Fish with Chips
10-Sep	Vegetarian	Vegetarian Tortilla Stack with Jacket Wedges	Lentil & Vegetable Curry With Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Quorn Mince Bolognaise with spaghetti	Wholemeal Cheese & Tomato Quiche with Chips
01-Oct						
29-Oct		Seasonal Vegetables Sweet Corn	Peas Carrots	Broccoli Cauliflower	Mixed Vegetables Sliced Green Beans	Baked Beans Garden Peas
19-Nov		Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Pineapple Loaf Yoghurt Fresh Fruit Chunks	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Iced Sponge Yoghurt Fresh Fruit Salad
10-Dec	Dessert					
Week 3	Main	Wholemeal Chicken and Red Pepper Pizza with Baked Wedges	Beef Cottage Pie with Gravy	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
17-Sep	Vegetarian	Red Pepper Frittata with New Potatoes	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy	Vegetable Lasagne with Garlic Bread	Cheese & Tomato French Bread Pizza with Chips
08-Oct						
05-Nov		Sweet Corn Seasonal Vegetables	Green Beans Glazed carrots	Savoy Cabbage Broccoli	Sweet Corn Seasonal Vegetables	Baked Beans Garden Peas
26-Nov		Mandarin Upside Down Cake with Custard Yoghurt Fresh Fruit Platter	Rice Pudding Yoghurt Fresh Fruit Salad	Jelly with Custard Yoghurt Fresh Fruit Chunks	Chocolate Sponge with Chocolate Drizzle Yoghurt Fresh Fruit Salad	Vanilla Shortbread Yoghurt Fresh Fruit Salad
17-Dec	Dessert					