



# Spring/Summer Menu Week 1 SCHOOL NAME - Emmaus

WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14th April, 5th May, 26th May, 16th June, 7th July, 28th July, 18th Aug, 8th Sept, 29th Sept, 20th Oct	Main Course	Wholomeal Margherita Pizza & Pasta Salad	Red Tractor Mild Chicken Curry with Mixed Rice	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Pork Sausage Toad in the Hole & Potato Wedges	Fish Fingers & Chips
	Vegetarian Course	Rainbow Vegetable Lentil Pitta Pockets & Hummus	Macaroni Cheese	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Veggie Sausage Toad in the Hole & Potato Wedges	Cheese Fan & Chips
	Jacket Potato	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise
	Sandwich Choice	Cheese	Tuna	Chicken	Ham	Cheese
	Vegetables	Carrot & Cucumber Sticks, Garden Peas, Sweetcorn	Garden Peas & Carrots	Broccoli, Carrots & Cauliflower	Broccoli, Cauliflower, Carrots & Sweetcorn	Garden Peas & Baked Beans
	Dessert	Vanilla Cookie	Marble Sponge & Custard/ Chocolate Sauce	Strawberry Jelly & Watermelon Slice	Flapjack & Orange Smiles	Iced Sponge Cake
WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14th July, 4th Aug, 25th Aug, 15th Sept, 6th Oct, 27th Oct	Main Course	Wholomeal Margherita Pizza & Tomato Pasta Salad	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Red Tractor Pork Sausage Roll & Potato Wedges	Fish Fingers & Chips
	Vegetarian Course	Cheesy Bean Pitta with Rice Salad	Plant-Based Pasta Bolognese & Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Cheese & Onion Roll & Potato Wedges	Crispy Vegetable Fingers & Chips
	Jacket Potato	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise
	Sandwich Choice	Cheese	Tuna	Chicken	Ham	Cheese
	Vegetables	Garden Peas & Carrots	Broccoli, Cauliflower & Carrot	Broccoli, Carrots & Sweetcorn	Garden Peas & Baked Beans	Garden Peas & Baked Beans
	Dessert	Flapjack	Shortbread & Orange Slices	Hidden Fruit Chocolate Brownie	Banana Cake & Custard	Chocolate Oaty Slice
WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21st April, 19th May, 9th June, 30th June, 21st July, 11th Aug, 1st Sept, 22nd Sept, 13th Oct, 3rd Nov	Main Course	Wholomeal Margherita Pizza & Tomato Pasta Salad	Beef Lasagne & Garlic Bread	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Sweet & Sour Chicken Meatballs & Sunny Rice	Fish Fingers & Chips
	Vegetarian Course	Bean Burrito & Potato Wedges	Vegetable Lasagne & Garlic Bread	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Sweet & Sour Veggie Meatballs & Sunny Rice	Cheese & Onion Roll & Chips
	Jacket Potato	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Beans or Tuna Mayonnaise
	Sandwich Choice	Cheese	Tuna	Chicken	Ham	Cheese
	Vegetables	Garden Peas & Carrots	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	Garden Peas & Baked Beans	Garden Peas & Baked Beans
	Dessert	Chocolate Crunch & Chocolate Sauce	Chocolate Cookie & Orange Wedges	Vanilla Cupcake	Flapjack & Fruit Slices	Homemade Jam Sponge & Custard