

Spring/Summer Menu EMMAUS CATHOLIC & CoFE PRIMARY

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Margherita Pizza with Pasta Salad	Mild Beef & Bean Chilli & Yellow Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Hotdog with Tomato Pasta Salad	Fish Fingers & Chips
Vegetarian Meal Option	Pitta Bread Filled with Plant-based Meatballs in an Arrabbiata Sauce with Vegetable Sticks vs	Mild Vegetable Mince & Bean Chilli & Yellow Rice vs	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Hotdog with Tomato Pasta Salad vs	Cheese & Onion Bake with Chips
Vegetables	Sweetcorn & Garden Peas	Vegetable Sticks or Sweetcorn	Seasonal Greens & Carrots	Broccoli, Carrots & Cauliflower or Mixed Salad	Garden Peas, Baked Beans
Sandwiches	Cheese	Tuna	Chicken Baguette	Ham	Cheese
Baked Jacket Potatoes	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs
Dessert	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese or Salmon Mayo
	Chocolate Fudge Cake	Apple Sponge	Strawberry Jelly vs	Fruit Slices & Vanilla Cookie vs	Vanilla or Chocolate Ice Cream
WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Margherita Pizza with Tomato Pasta	Beef Lasagne with Garlic Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Sausage & Mash with Gravy	Battered Pollock & Chips
Vegetarian Meal Option	Cheese Wrap with Vegetable Sticks & Pasta Salad	Plant-based Lasagne with Garlic Bread	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Veggie Sausage & Mash with Gravy vs	Cheese Flan & Chips
Vegetables	Broccoli, Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Garden Peas & Sliced Carrots	Garden Peas & Baked Beans
Sandwiches	Cheese	Tuna	Chicken Baguette	Ham	Cheese
Baked Jacket Potatoes	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs
Dessert	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese or Chocolate Mousse
	Banana Bread Cookie	Blueberry Cake & Custard	Raspberry Jelly & Fruit Slices vs	Fruit Slices & Flapjack vs	
WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Margherita Pizza with Pasta Salad	Sweet & Sour Chicken with Yellow Rice	Roast Chicken Pie with Mashed Potato	Burger with Potato Wedges	Fish Fingers & Chips
Vegetarian Meal Option	Pasta and Cauliflower Cheese Bake	Sweet & Sour Vegetables with Yellow Rice vs	Veggie Pie with Mashed Potato	Vegetable Burger with Potato Wedges	Vegetable Fingers & Chips vs
Vegetables	Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens, Carrots & Salad	Broccoli, Sweetcorn & Coleslaw	Garden Peas & Baked Beans
Sandwiches	Cheese	Tuna	Chicken Baguette	Ham	Cheese
Baked Jacket Potatoes	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs
Dessert	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese or Chocolate Mousse
	Banana Bread Cookie	Blueberry Cake & Custard	Raspberry Jelly & Fruit Slices vs	Fruit Slices & Flapjack vs	
WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Margherita Pizza with Pasta Salad	Sweet & Sour Chicken with Yellow Rice	Roast Chicken Pie with Mashed Potato	Burger with Potato Wedges	Fish Fingers & Chips
Vegetarian Meal Option	Pasta and Cauliflower Cheese Bake	Sweet & Sour Vegetables with Yellow Rice vs	Veggie Pie with Mashed Potato	Vegetable Burger with Potato Wedges	Vegetable Fingers & Chips vs
Vegetables	Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens, Carrots & Salad	Broccoli, Sweetcorn & Coleslaw	Garden Peas & Baked Beans
Sandwiches	Cheese	Tuna	Chicken Baguette	Ham	Cheese
Baked Jacket Potatoes	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs	Jacket Potato with Beans vs
Dessert	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese	Cheesy Beans, Tuna Mayo or Cheese or Chocolate Mousse
	Banana Bread Cookie	Blueberry Cake & Custard	Raspberry Jelly & Fruit Slices vs	Fruit Slices & Flapjack vs	

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt



England's target for 'free sugar' intake for your child
Recommended fruit and vegetable portion sizes are calculated using School Food Standards.
On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.