

EMAT
Primary Lunch FFL Menu
Autumn 2021






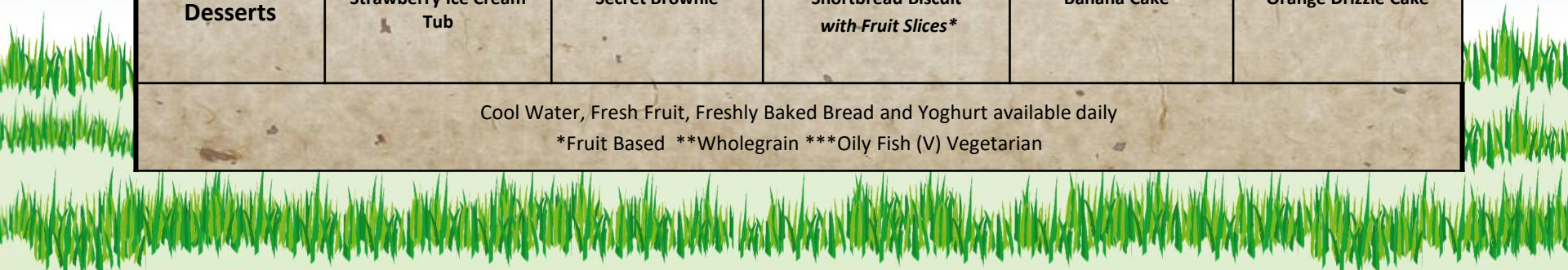
Lunch Menu

Week 1 - Mains



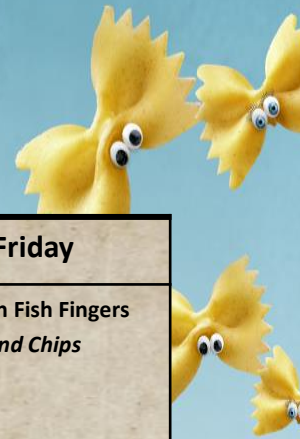
- 30-Aug-21
- 20-Sep-21
- 11-Oct-21
- 08-Nov-21
- 29-Nov-21
- 03-Jan-22
- 24-Jan-22
- 14-Feb-22

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza** With Dough Balls (V)	The Incredible Burger With Potato Wedges (V)	Roast Chicken with Roast Potatoes and Gravy	Beef Bolognese With Pasta **	Golden Fish Fingers and Chips
Alternative Dish	Veggie Burrito (V) 	Macaroni Cheese (V)	Quorn Roast with Roast Potatoes and Gravy (V)	Veggie Bolognese With Pasta ** 	Quorn Dippers and Chips (V)
Third Choice		Jacket Potato with Salmon Mayonnaise ***			
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad				
Jacket Potato	Jacket Potato With A Choice Of Fillings 				
Packed Lunch	Ham, Cheese or Tuna Sandwich, served with Veg Sticks, Fresh Fruit or Bear Yo Yo or Dessert of the Day				
Vegetables	Baked Beans Sweetcorn	Peas Carrots	Carrots Broccoli	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Strawberry Ice Cream Tub	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Banana Cake*	Orange Drizzle Cake
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					



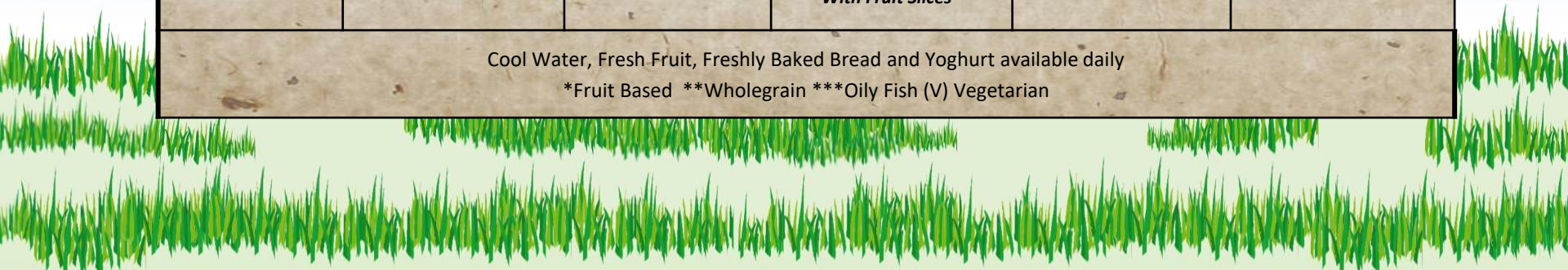
Lunch Menu

Week 2 - Mains



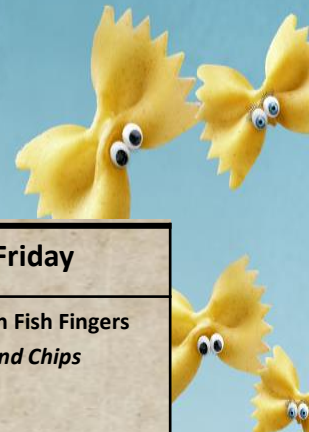
- 06-Sep-21
- 27-Sep-21
- 18-Oct-21
- 15-Nov-21
- 06-Dec-21
- 10-Jan-22
- 31-Jan-22

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** With Potato Wedges (V)	Pork Sausage With Mash and Gravy	Roast Chicken with Roast Potatoes and Gravy	Beef Bolognese With Pasta** 	Golden Fish Fingers and Chips
Alternative Dish	Mild Bean Chilli With Rice** (V) 	Veggie Sausage With Mash and Gravy (V)	Quorn Roast with Roast Potatoes and Gravy (V)	Quorn Hot Dog With Potato Wedges (V)	Quorn Dippers and Chips (V)
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Pasta Salad				
Jacket Potato	Jacket Potato With A Choice Of Fillings 				
Packed Lunch	Ham, Cheese or Tuna Sandwich, served with Veg Sticks, Fresh Fruit or Bear Yo Yo or Dessert of the Day				
Vegetables	Baked Beans Peas	Sweetcorn Broccoli	Carrots Broccoli	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Vanilla Ice-Cream	Orange Shortbread*	Crunchy Chocolate Biscuit With Fruit Slices*	Fruity Chocolate Brownie	Flapjack with Fruit Slices*
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					



Lunch Menu

Week 3 - Mains



- 13-Sep-21
- 04-Oct-21
- 01-Nov-21
- 22-Nov-21
- 13-Dec-21
- 17-Jan-22
- 07-Feb-22

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** With Potato Wedges (V)	Chicken Korma With Rice**	Roast Beef with Roast Potatoes and Gravy	Beef Meatballs in Tomato Sauce With Pasta**	Golden Fish Fingers and Chips
Alternative Dish	Veggie Bolognese With Pasta ** 	Veggie Korma With Rice**	Quorn Roast with Roast Potatoes and Gravy (V)	Veggie Balls in Tomato Sauce With Pasta** 	Quorn Dippers and Chips (V)
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot and Coleslaw				
Jacket Potato	Jacket Potato With A Choice Of Fillings 				
Packed Lunch	Ham, Cheese or Tuna Sandwich, served with Veg Sticks, Fresh Fruit or Bear Yo Yo or Dessert of the Day				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Green Beans	Carrots Sweetcorn	Baked Beans Peas
Desserts	Strawberry Ice Cream	Cheese & Biscuits	Oatie Biscuit with Fruit Slices*	Chocolate Sponge Cake with Fruit Slices*	Berry Flapjack*
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

