AUTUMN MENU 2026

Emma's Kitchen
Cooking With Love

WEEK ONE W/C: 31/8, 21/9,12/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PASTA CLUB Pesto Pasta {1,9} MEAT FREE MONDAY	Chicken Fajita Nacho Rice Bowl [11]	Red Tractor Roast Gammon RED TRACTOR CERTIFIED STANDARDS	Creamy Garlic One Pot Chicken {9}	Fish Fingers {1,4}
VEGETARIAN OPTION	Tomato and Basil Pasta {1}	Butternut Squash and Chickpea Fajita Nacho Rice Bowl {11}	Melty Mushroom Puff {1,9}	Lentil and Roasted Red Pepper Curry	Vegan Sausage {1}
JACKET POTATO FILLING	Chceese {9} Beans	Cheese {9} Tuna {7}	Cheese {9} Beans	Cheese {9} Beans	Cheese {9} Beans
SIDES	Garlic Bread {1} Salad Bar	50/50 Rice Sweetcorn and Peas	Roast Potatoes Carrots Broccoli Bread Roll {1}	Mini Jacket Potatoes Green Beans	Chips Baked Beans
DESSERT	Fruit Crumble {1} Custard {9}	Crunchy Fruit Yoghurt Pots {1,9}	Fruit Salad	Oaty Cookies {1}	Chocolate Cake {1,7}

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN 2 CRUSTACEANS 3 MOLLUSCS 4 FISH 5 PEANUTS 6 NUTS 7 EGGS 8 SOYABEANS 9 MILK
10 CELERY 11 MUSTARD 12 LUPIN 13 SESAME 14 SULPHITE

ALL OUR MENUS ARE PEANUT AND NUT FREE. WHILST WE DO NOT BRING NUTS INTO THE KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING

AUTUMN MENU 2026

WEEK TWO W/C: 7/9, 28/9, 19/10

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Hidden Veg Pasta Bake {1,9}	Slow Cooked Pork Sausage Ragu {1,14}	Roast Herby Chicken	Beef Burritos {1,9,11}	Fish Bites {1,4}
VEGETARIAN OPTION	Cheese Omelette [7,9}	Chickpea and Squash Ragu	Vegetable Crumble {1}	Mixed Bean and Halloumi Burritos {1,9,11}	Mozzarella Fingers {1,9}
JACKET POTATO FILLING	Cheese {1} Beans	Tuna {7} Beans	Cheese {9} Tuna {7]	Cheese {9} Beans	Cheese {9} Beans
SIDES	Garlic Ciabatta {1} Salad Bar	50/50 Pasta {1} Leeks Cabbage	Roast Potatoes Root Veg Medley Bread Roll {1}	Lightly Spiced Rice Sweetcorn	Chips Peas
DESSERT	Carrot Cake {1,7}	Fruity Flapjack	Fruit Jelly	Orange and Treacle Sponge {1,7}	Unicorn Cookies {1,7}

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AUTUMN MENU 2026

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WEEK THREE W/C: 14/9, 5/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PIZZA CLUB Pepperoni Pizza {1,9}	Chicken Tikka Masala {9}	Toad In The Hole [1,7,9,14}	Loaded BBQ Pork With Mac'n'Cheese [1,9}	Fish Fingers {1,4} Salmon Fishcakes {1,4}
VEGETARIAN OPTION	Margherita Pizza {1,9}	Sweet Potato and Lentil Curry	Veggie Toad In The Hole {1,7,9,14}	Mac'N'Cheese {1,9}	Spiced Bean and Lentil Patty {1}
JACKET POTATO FILLING	Cheese {9} Beans	Tuna {7} Beans	Cheese {9} Beans	Cheese {9} Beans	Cheese {9} Beans
SIDES	Pizza Rice Peas and Sweetcorn	50/50 Rice Salad Bar Naan Bread {1,9}	Mashed Potato Peas Carrots Gravy	Garlic Bread {1} Peas and Green Beans	Fries Peas
DESSERT	Fruit Yoghurt {9} Fresh Fruit	Dorset Apple Cake {1,7}	Cheese, Crackers And Grapes {1,9}	St Clements Shortbread {1}	Old School Spinkle Cake {1,7}

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