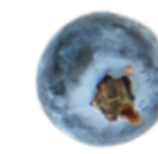




AUTUMN MENU 2026

 Emma's Kitchen
Cooking With Love

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN
MEAL

MEAT FREE
MONDAY

Chicken Fajita
Nacho Rice Bowl
[11]

Red Tractor
Roast Gammon



Garlic One
Pot Chicken

Pork Sausage

VEGETARIAN
OPTION

Tomato and Basil Pasta

Butternut Squash and
Chickpea Fajita Nacho
Rice Bowl {11}

Mushroom Bake

Lentil and Roasted
Red Pepper Curry

JACKET
POTATO
FILLING

Beans

Tuna {7}

Beans

Beans

Beans

SIDES

Garlic Bread
Salad Bar

50/50 Rice
Sweetcorn and Peas

Roast Potatoes
Carrots Broccoli
Bread Roll

Mini Jacket Potatoes
Green Beans

Chips
Baked Beans

DESSERT

Stewed Fruit

Granola and Fruit

Fruit Salad

Flapjack

GF DF CAKE

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

 **Emma's Kitchen**
Cooking With Love

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Hidden Veg Pasta Bake	Slow Cooked Pork Sausage Ragu	Roast Herby Chicken	Beef Burritos {11}	Fish Fingers {4}
VEGETARIAN OPTION	MEAT FREE MONDAY Ham Omelette {7}	Chickpea and Squash Ragu	Vegetable Crumble	Mixed Bean Burrito {11}	
JACKET POTATO FILLING	Beans	Tuna {7}	Tuna {7}	Beans	Beans
SIDES	Garlic Ciabatta Salad Bar	Pasta Leeks Cabbage	Roast Potatoes Root Veg Medley Bread Roll	Lightly Spiced Rice Sweetcorn	Chips Peas
DESSERT	Fresh Fruit	Fruity Flapjack	Fruit Jelly	GF DF CAKE	Ice Lolly

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AUTUMN MENU 2026



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PIZZA CLUB Pepperoni Pizza	Chicken Tikka Masala	Pork Sausage	Loaded BBQ Pork With Pasta	Chicken Nuggets
VEGETARIAN OPTION	MEAT FREE MONDAY Margherita Pizza	Sweet Potato and Lentil Curry			
JACKET POTATO FILLING	Beans	Tuna {7} Beans	Beans	Beans	Beans
SIDES	Pizza Rice Peas and Sweetcorn	50/50 Rice Salad Bar}	Mashed Potato Peas Carrots Gravy	Garlic Bread Peas and Green Beans	Fries Peas
DESSERT	Fresh Fruit	Flapjack	Rice Cakes and Grapes	GF DF Biscuit	GF DF Cake

ALLERGEN KEY

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