

EMMANUEL

Date 1st Sep, 22nd Sep, 13th Oct, 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 26th Jan, 16th Feb

WEEK 1

MONDAY

Beef Lasagne (GL,EG,MI)
Sweet Mash Topped Veggie Pie (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Ice Cream (MI) or Fresh Fruit

TUESDAY

Chicken Tikka Masala with Steamed Rice
Pesto Pasta (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Oaty Biscuit (GL) or Fresh Fruit

WEDNESDAY

Pork Sausage with Mash & Gravy (GL,SU)
Vegan Sausage with Mash & Gravy (SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

THURSDAY

Jerk Chicken with Rice
Handmade Margherita Pizza with Slaw (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Chocolate Cake (GL) or Fresh Fruit

FRIDAY

Fish Fingers with Oven Baked Chips (GL,FI)
Cheesy Baked Bean Quesadilla with Oven Baked Chips (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Dessert Bar (GL,MI) or Fresh Fruit

Date 8th Sep, 29th Sep, 20th Oct, 10th Nov,
1st Dec, 22nd Dec, 22nd Dec, 12th Jan, 2nd Feb

WEEK 2

Beef Pasta Bolognese (GL)
Veggie Chow Mein Noodles (GL,EG,SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Ice Cream (MI) or Fresh Fruit

Potato Topped Fish Pie (GL,FI)
Handmade Margherita Pizza with Slaw (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

Roast Chicken with Potatoes & Gravy (SU)
Butternut Wellington (GL,SU)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Fruity Shortbread (GL) or Fresh Fruit

Chicken Fajita with Rice (GL)
Veggie Curry with Rice
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Apple Cake (GL) or Fresh Fruit

Fish Fingers with Oven Baked Chips (GL,FI)
Falafel with Oven Baked Chips (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Dessert Bar (GL,MI) or Fresh Fruit

Date 25th Aug, 15th Sep, 6th Oct, 27th Oct, 17th Nov,
8th Dec, 29th Dec, 19th Jan, 9th Feb

WEEK 3

Beef Chilli with Rice (GL)
Mac 'n' Cheese (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Ice Cream (MI) or Fresh Fruit

Pastry Topped Chicken Pie (GL)
Handmade Margherita Pizza with Slaw (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Fruity Shortbread (GL) or Fresh Fruit

Roast Turkey with Potatoes & Gravy (SU)
Cauliflower Cheese Bake with Potatoes (GL,MI,SU)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

Beef Cottage Pie with Mash (GL)
Cheese Panini (GL,SO,SE,MU,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Iced Confetti Cake (GL) or Fresh Fruit

Fish Fingers with Oven Baked Chips (GL,FI)
Veggie Fajita with Oven Baked Chips (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Dessert Bar (GL,MI) or Fresh Fruit

VEGETABLES, SALAD, BREAD, AVAILABLE DAILY

BREAD CONTAINS - GL - MI - EG - SO

ALLERGY KEY
CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI
MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.

The Pantry