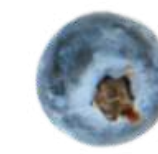




AUTUMN MENU 2026

 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}

Chicken Fajita
Nacho Rice Bowl
[11]

Red Tractor
Roast Gammon

Creamy Garlic One
Pot Chicken {9}

Pork and Beef Sausage
{1,14}

MEAT FREE
MONDAY



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



	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 Fingers {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}

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 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]	Chicken Nuggets {1} 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}

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