

WINTER MENU 2023

Emma's Kitchen
Cooking With Love

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 SULPHUR DIOXIDE

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

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1

2/1
23/1

CHICKEN NACHO BITES
[1,7,9]
QUORN NACHO BITES
[1,7,9]
50/50 RICE
PEAS

BLUEBERRY MUFFINS
[1,7]

PASTA CLUB
MAC'N'CHEESE [1,9]
CARBONARA [1,9]
TOMATO AND BASIL [1]
GARLIC BREAD [1]
COLESLAW [7,9]

FRUITY FLAPJACK
[1]

ROAST GAMMON
AUBERGINE BAKE [1]
STUFFING [1]
ROAST POTATOES
SEASONAL VEGETABLES

FRUIT SALAD

TURKEY PIE [1,9]
VEGETABLE AND LENTIL PIE
[1,9]
CAULIFLOWER MASH
ROASTED CARROTS
AND PARSNIPS

JAM SPONGE AND CUSTARD
[1,7,9]

HOT DOG [1]
RED ONION AND
ROSEMARY DOG [1]
CHIPS
BEANS

CHOCOLATE BROWNIES
[1,7,9]

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9/1
30/1

PIZZA CLUB
MARGERITA [1,9]
BBQ CHICKEN [1,9]
POTATO WEDGES
SALAD

BLUEBERRY AND ORANGE
TRAYBAKE PANCAKE
[1,7,9]

BEEF STEW [1]
VEGETABLE STEW [1]
DUMPLINGS [1]
MASHED POTATO [9]
SEASONAL VEGETABLES

UPSIDE DOWN
BANANA CAKE [1,7]

ROAST LOIN OF PORK
MELTY MUSHROOM
PUFF [1]
YORKSHIRE PUDDING [1,7,9]
ROAST POTATOES
SEASONAL VEGETABLES

CHEESE AND BISCUITS [1,9]
YOGHURT [9]

CHICKEN KATSU CURRY [1,9]
YASAI KATSU CURRY [1,9]
STICKY RICE
NAAN BREAD

APPLE CRUMBLE
AND CUSTARD [1,9]

BEEFBURGER [1]
HALLOUMI BURGER [1,9]
SALMON FISHCAKE [1]
FRENCH FRIES
SWEETCORN

CLOUD MERINGUES [7]

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3

16/1
6/2

JACKET POTATO DAY
CHEESE
BEANS
TUNA
CHILLI

WARM FRUIT CAKE
CUSTARD [1,7,9]

STICKY PORK NOODLES [1]
STICKY QUORN NOODLES [1]
VEGETABLE DIM SUM [1]

APPLE CUPCAKES [1,7]

TOAD IN THE HOLE [1,7,9]
VEGGIE TOAD IN THE HOLE
[1,7,9]
CRUSHED POTATOES
SEASONAL VEGETABLES

FRUIT JELLY

ONE POT MEATBALL
MAYHEM[1]
VEGGIE MEATBALLS [1]
SPAGHETTI [1]
CHEESE BREAD TWISTS [1,9]

CHOCOLATE AND RASPBERRY
ROULADE [7,9]

CHICKEN NUGGETS [1]
MOZARELLA FINGERS [1,9]
CHIPS
PEAS

ICE CREAM [9]



ABOUT US

A BUSINESS BUILT FROM A LOVE AND PASSION OF WANTING TO IMPROVE THE QUALITY AND EXPERIENCE OF NOTORIOUSLY POOR SCHOOL LUNCHES. EMMA AND HER TEAM STRIVE TO PROVIDE THE VERY BEST IN SCHOOL DINNERS

All our food is made from scratch on site

Our menus exceed the current Government School Food Plan

Jacket potatoes with a choice of fillings are available every day

We actively encourage children to try new flavours.

Every day the Salad Bar will be open for the children to enjoy their favourite vegetables and also try new and exciting flavours!

Fresh white and wholemeal bread is cooked on site daily, and yoghurts and fresh fruit are available everyday

DIETARY REQUIREMENTS

We currently cater for Gluten Free and Dairy Free Children.

Please contact us to discuss any dietary requirements your child may have. Please email emma@emmaskitchenco.com

NUTRITIONAL INFORMATION

We are currently updating our website, and the nutritional information and allergens will be on the website soon!

Free School Meals

All pupils in reception, year 1 and year 2 are entitled to free school meals!

Check out our website:

www.emmsakitchenco.com

You will find the latest menus and our 'Recipe of the week'