



AUTUMN MENU 2025

Emma's Kitchen
Cooking With Love

WEEK ONE W/C: 1/9, 22/9, 13/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PASTA CLUB Mac'N'Cheese {1,9} Carbonara {1,9}	Cowboy Hotpot 	Toad In The Hole {1.14}	Hunters Chicken Nacho Bake {1,9}	Fish Fingers {1,4,} Salmon Fishcakes {1,4}
VEGETARIAN OPTION	Hidden Veg Tomato Pasta {1}	Sweet Potato and Lentil Hotpot	Vegan Toad In The Hole {1}	Veggie and Halloumi Nacho Bake {1,9}	Mozzarella Sticks {1,9}
JACKET POTATO FILLING	Cheese {9} Beans	Cheese {9} Tuna {4,7,9}	Cheese {9} Beans	Cheese {9} Beans	Beans Tuna {4,7,9}
SIDES	Garlic Bread {1} Broccoli and Carrots	Sauteed Poatoes Sweetcorn Zingy Coleslaw {7,9}	Creamed Mash Potato Seasonal Veg Bread Roll {1}	50/50 Rice Peas	Chips Baked Beans
DESSERT	Oat and Raisin Cookie {9}	Apple Crumble {9} Custard {9} Fresh Fruit	Fruit Jelly Fresh Fruit	Fruit Yoghurt [9] Fresh Fruit	Marble Cake {1,7,9} Fresh Fruit

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 2025

WEEK TWO W/C: 8/9, 29/9

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PIZZA CLUB Pepperoni Pizza {1,9}	Pasta Bolognese {1,9}	Roast Loin Of Pork	Shawarma Chicken Kebab {9}	Fish Fingers {1,4}
VEGETARIAN OPTION	Margherita Pizza {1,9}	Quorn Bolognese {7}	Vegetable Bake {1,9}	Sweet Potato and Lentil Curry {9}	Vegan Sausage {1}
JACKET POTATO FILLING	Cheese {9} Beans	Cheese {9} Tuna {4,7,9}	Cheese {9} Beans Chilli	Cheese {9} Beans	Cheese {9} Beans
SIDES	BBQ Wedges Salad Olives and Pickles	Dough Balls {1} Sweetcorn	Roast Potatoes Seasonal Vegetables Bread Roll {1} Gravy	Flatbread {1} Rice Salad Bar	Chips Sweetcorn
DESSERT	Very Berry Mousse {9} Fresh Fruit	Carrot Cake {1,7} Fresh Fruit	Cheese and Biscuits {1,9} Fresh Fruit	Apple Cupcakes {1,7,9} Fresh Fruit	Chocolate Cookie {1,7,9} Fresh Fruit

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AUTUMN MENU 2025

WEEK THREE W/C: 15/9, 6/10

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Sausage Rolls {1,14}	Chicken Katsu Curry {1,8}	Red Tractor Roast Gammon 	Pork Noodle Stir Fry {1,8}	Fish Goujons {1,4}
VEGETARIAN OPTION	Vegan Sausage Rolls {1}	Yasai Katsu Curry {1,8}	Melty Mushroom Puff {1,9}	Cheese Omelette {7,9}	Vegetable Nuggets {1}
JACKET POTATO FILLING	Cheese {9} Beans	Cheese {9}Tuna {4,7,9}	Cheese {9} Beans	Cheese {9} Beans	Cheese {9} Beans
SIDES	Potato Bites Green Beans	50/50 Rice Sweetcorn	Roast Potatoes Seasonal Vegetables Bread Roll [1] Gravy	Egg Noodles Prawn Crackers {1,2}	Fries Peas
DESSERT	Fruity Flapjack Fresh Fruit	Apple and Pear Tart Tatin {1} Fresh Fruit	Fresh Fruit Salad	Blueberry Muffin {1,7,9} Fresh Fruit	Ice Cream {9} Fresh Fruit

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ABOUT US

EMMA'S KITCHEN

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

RECIPES

PLEASE VISIT OUR WEBSITE:
WWW.EMMASKITCHENCO.COM
TO FIND RECIPES WE USE IN OUR SCHOOLS AND SOME EXCITING IDEAS FOR THE CHILDREN TO TRY AT HOME!

ALL OUR FOOD IS MADE FRESH DAILY IN OUR KITCHENS
OUR MENUS EXCEED THE CURRENT GOVERNMENT SCHOOL FOOD PLAN

JACKET POTATOES WITH A CHOICE OF FILLINGS ARE AVAILABLE EVERYDAY (MUST BE ORDERED IN ADVANCE)
WE ACTIVELY ENCOURAGE CHILDREN TO TRY NEW FLAVOURS

OUR SALAD BAR IS OPEN EVERY DAY FOR THE CHILDREN TO ENJOY THEIR FAVOURITE SALAD ITEMS AND ALSO TO TRY NEW AND EXCITING FLAVOURS
FRESH WHITE AND WHOLEMEAL BREAD IS COOKED DAILY IN OUR KITCHENS. AND FRESH FRUIT ARE ALSO ON OFFER EVERYDAY

CONTACT US

FOR MORE INFORMATION PLEASE EMAIL:
EMMA@EMMASKITCHENCO.COM

DIETARY REQUIREMENTS

WE CURRENTLY CATER FOR GLUTEN FREE AND DAIRY FREE CHILDREN. PLEASE CONTACT US TO DISCUSS ANY DIETARY REQUIREMENTS YOUR CHILD MAY HAVE