



THE GARDENS KITCHEN AUTUMN 2020/SPRING 2021 MENU

WEEK 1 – Dates: Tues 3rd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 8th March, 29th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY*	FRIDAY
Main Meat/Fish Option	Pepperoni Pizza on Wholegrain base with Oven Baked Seasoned Wedges	*Loaded Mediterranean Beef Meatballs Fusilli Pasta	Chicken Roast Potatoes, Yorkshire Pudding Gravy (GF,V)	*Loaded (Beef) Cottage Pie with Gravy (GF,V)	Chicken Burger *in a Bun Chips
Allergens	Milk, Wheat, Celery	Wheat	Cereals, Egg, Milk	Milk	Wheat, *May contain Sesame Seeds
Main Meat free Option	Margherita Pizza on Wholegrain base with Oven Baked Seasoned Wedges	*Loaded Mediterranean Linda McCartney Meat-free balls Fusilli Pasta	Roast Quorn Fillet Roast Potatoes, Yorkshire Pudding Gravy (V)	*Loaded Quorn Potato Topped Pie Gravy (GF,V)	Quorn Burger *in a Bun Chips
Allergens	Milk, Wheat, Celery	Wheat, Barley	Cereals, Egg, Milk, , Wheat	Milk	Wheat, Egg, Milk *May contain Sesame Seeds
Vegetables	Mixed Peppers	Carrots	Mixed Vegetables	Peas	Sweetcorn
Jacket potato	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo
Allergens	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish
Dessert	Variety of Fruit, Yogurt or Rice Pudding with Apple puree	Variety of Fruit, Yogurt or Strawberry Crumble Slice	Variety of Fruit, Yogurt or Winter Flapjack	Variety of Fruit, Yogurt or Syrup Sponge & Custard	Variety of Fruit, Yogurt or Shortbread & Orange wedges
Allergens	Milk	Milk, Wheat	Milk, Wheat, Cinnamon, Nutmeg	Milk, Wheat, Egg	Wheat, Milk
Daily additional choices	Served Salad bar, *Freshly Baked Bread and drinking water available daily (Allergens: Wheat, *May contain Sesame Seeds)				
Notes	* Loaded - Added Hidden Blended Vegetables (Peppers, Courgettes and Onions) or (Carrots & Onions) All items subject to availability				

Please prepay for meals via [ParentPay](#): 1 day = £2.30, 1 week = £11.50



THE GARDENS KITCHEN AUTUMN 2020/SPRING 2021 MENU

	WEEK 2 – Dates: 9 th Nov, 30 th Nov, 4 th Jan, 25 th Jan, Tues 23 rd Feb, 15 th March				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat/Fish Option	Garlic Chicken Pizza on wholegrain base Oven Baked Diced Herb Potatoes	*Loaded Mediterranean Beef Lasagne	Roast Chicken Sausage Roast Potatoes, Yorkshire Pudding Gravy (GF,V)	Chicken Tikka Masala With Hidden Spinach Basmati Rice Naan Bread	Fish Fingers (Salmon or White fish) Chips
Allergens	Milk, Wheat, Celery	Milk, Wheat	Egg, Milk, Wheat, Sulphur Dioxide, Sulphites	Milk, Gluten	Fish, Wheat, Egg
Main Meat free Option	Margherita Pizza on wholegrain base Oven Baked Diced Herb Potatoes	*Loaded Mediterranean Quorn Lasagne	Quorn Sausage Roast Potatoes, Yorkshire Pudding Gravy (V)	Sweet Potato & Lentil Tikka Masala Basmati Rice Naan Bread	Veggie Fingers Chips
Allergens	Milk, Wheat, Celery	Milk, Wheat, Egg	Wheat, Eggs, , Milk,	Milk, Gluten	Wheat
Vegetables	Mixed Peppers	Broccoli	Mixed Vegetables	Cauliflower	Peas
Jacket potato	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo
Allergens	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish
Dessert	Variety of Fruit, Yogurt or Cheese & Crackers	Variety of Fruit Yogurt or Apple Crumble & Custard	Variety of Fruit, Yogurt or Orange Flapjack	Variety of Fruit, Yogurt or Jam Sponge & Custard	Variety of Fruit, Yogurt or Oat Cookie & Banana
Allergens	Milk, Wheat	Milk, Wheat	Milk, Gluten	Milk, Eggs, Wheat	Milk, Gluten
Daily additional choices	Served Salad bar, *Freshly Baked Bread and drinking water available daily (Allergens: Wheat, *May contain Sesame Seeds)				
Notes	*Loaded - Added Hidden Blended Vegetables (Peppers, Courgettes and Onions) All items subject to availability				

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THE GARDENS KITCHEN

AUTUMN 2020/SPRING 2021 MENU

	WEEK 3 – Dates: 16 th Nov, 7 th Dec, 11 th Jan, 1 st Feb, 1 st March, 22 nd March				
	MONDAY	TUESDAY	WEDNESDAY	*THURSDAY	FRIDAY
Main Meat/Fish Option	Chicken Sausage Pizza on wholegrain base Oven Baked Sautéed Potatoes	*Loaded Beef Bolognese Spaghetti *Herb Garlic Bread	Roast Turkey Crown Roast Potatoes, Yorkshire Pudding Gravy(GF,V)	Chicken & Sweetcorn Pastry Pie Mashed Potato Gravy (GF,V)	Chicken Nuggets Chips
Allergens	Milk, Wheat, Celery, Cereals, Sulphur Dioxide, Sulphites	Wheat, *May contain milk & soybean	Cereals, Egg, Gluten, Milk, Wheat	Wheat, Milk	Wheat
Main Meat free Option	Margherita Pizza on wholegrain base Oven Baked Sautéed Potatoes	*Loaded Quorn Bolognese Spaghetti *Herb Garlic Bread	Sliced Quorn Roast Roast Potatoes Yorkshire Pudding Gravy (V)	Quorn & Sweetcorn Pastry Pie Mashed Potato Gravy (V)	Meat Free Chicken-Style Nuggets Chips
Allergens	Milk, Wheat, Celery, Gluten	Wheat, Egg, *May contain milk & Soybean	Cereals, Egg, Gluten, Milk, Wheat	Wheat, Egg, Milk	Wheat, Soybean
Vegetables	Sweetcorn	Peas	Mixed Vegetables	Carrots	Baked Beans
Jacket potato	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Oven Baked with choice of Cheese, Beans or Tuna Mayo
Allergens	Dairy, Fish	Wheat	Dairy, Fish	Wheat	Dairy, Fish
Dessert	Variety of Fruit, Yogurt or Fresh Fruit Salad	Variety of Fruit, Yogurt or Chocolate Sponge & Chocolate Custard	Variety of Fruit, Yogurt or Flapjack	Variety of Fruit, Yogurt or Banana Cake & custard	Variety of Fruit, Yogurt or Gingerbread & Pear
Allergens	Milk	Wheat, Milk, Eggs	Wheat, Milk	Wheat, Milk, Egg	Wheat, Milk
Daily additional choices	Served Salad bar, *Freshly Baked Bread and drinking water available daily (Allergens: Wheat, *May contain Sesame Seeds)				
*Notes	*Loaded Added hidden blended vegetables (Carrots & Onions) All items subject to availability A Special Christmas lunch will be offered on Thursday 10th December				

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