

# THE GARDENS KITCHEN

## AUTUMN 2020 MENU

WEEK 1 Dates: 7 <sup>th</sup> Sep, 28 <sup>th</sup> Sep, 19 <sup>th</sup> Oct					
	MONDAY	TUESDAY	WEDNESDAY	*THURSDAY	FRIDAY
<b>Main Meat/Fish Option</b>	Pepperoni Pizza on Wholegrain Base Oven Baked Seasoned Wedges	Homemade*Loaded Beef Spaghetti Bolognese Garlic Bread	Roast Chicken Sausage Roast Potatoes Yorkshire Pudding Gravy (GF/V)	BBQ Chicken Wrap vegetable Wholegrain Rice	Chicken Nuggets Chips
<b>Allergens</b>	Milk, Celery, Wheat	Wheat, May contain Soybean, may contain milk	Gluten, Sulphur Dioxide, Sulphites, Egg, Milk, Wheat	Wheat	Wheat
<b>Vegetarian Option</b>	Margherita or *Quorn Dog Pizza on Wholegrain Base Seasoned Wedges	Homemade*Loaded Quorn Spaghetti Bolognese Garlic Bread	Roast Quorn Sausage Roast Potatoes Yorkshire Pudding Gravy (V)	Homemade Mac 'n' Cheese	Vegetarian Chicken bites Chips
<b>Allergens</b>	Milk, Wheat, Celery, Gluten, *Egg	Wheat, Egg, May contain Soybean and Milk	Egg, Gluten, Milk, Wheat	Barley, Egg, Wheat, Milk	Wheat, Soybean
<b>Vegetables</b>	Mediterranean-Vegetables Sweetcorn	Broccoli Peas	Mixed Vegetables Carrots	Sweetcorn Corn on the Cob	Sweetcorn Gardens Slaw (Allergens: Dairy, Egg)
<b>Jacket potato</b>	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
<b>Allergens</b>	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish
<b>Dessert choices</b>	Variety of Fruit, Yogurt or Peaches and Ice Cream	Variety of Fruit, Yogurt or Homemade Lemon Drizzle Cake	Variety of Fruit, Yogurt or Homemade Cherry Flapjack	Variety of Fruit, Yogurt or Mandarins in Jelly (V)	Variety of Fruit, Yogurt or Raisin Oat Cookie
<b>Allergens</b>	Milk	Milk, Egg, Wheat	Milk, Gluten	Milk	Gluten, Milk
<b>Daily additional choices</b>	Salad bar: *Freshly Baked Bread and drinking water available daily (Allergens: Wheat, *May contain Sesame Seeds)				
<b>Notes</b> *CENSUS DAY	*Loaded - Hidden Blended Veg (onions, carrots) All items subject to availability <b>A special Census Day menu will be offered on Thursday 1<sup>st</sup> October</b>				

**Please prepay for meals via ParentPay 1 day = £2.30, 1 week = £11.50**

# THE GARDENS KITCHEN

## AUTUMN 2020 MENU

	WEEK 2 Dates: 14 <sup>th</sup> Sep, 5 <sup>th</sup> Oct				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat/Fish Option	Chicken Sausage Pizza on Wholegrain base oven baked Sautéed Potatoes	Chicken Tikka Masala with hidden Spinach Basmati Rice Naan Bread	Roast Turkey Crown Roast Potatoes, Yorkshire Pudding Gravy (GF,V)	Homemade *Loaded Mediterranean Beef Lasagne	Beef (Cheese)Burger in a *Bun Chips
Allergens	Milk, Wheat, Celery, Cereals, Sulphur Dioxide, Sulphites	Milk, Gluten	Egg, Milk, Wheat	Milk, Wheat	Wheat, Celery, Soybean, Egg, Milk
Vegetarian Option	Margherita or *Quorn Sausage Pizza on Wholegrain base oven baked Sautéed Potatoes	Sweet Potato & Lentil Tikka Masala Basmati Rice Naan Bread	Sliced Quorn Roast Roast Potatoes, Yorkshire Pudding Gravy (V)	Homemade *Loaded Mediterranean Quorn Lasagne	Quorn (Cheese)Burger in a *Bun Chips
Allergens	Milk, Wheat, Celery, *Eggs, Gluten	Milk, Gluten	Eggs, Milk, Wheat	Milk, Wheat, Egg	Wheat, Egg, Milk
Vegetables	Mediterranean -Vegetables Sweetcorn	Peas Cauliflower	Mixed Vegetables Broccoli	Broccoli Carrots	Beans Garden Slaw (Allergens: dairy ,egg)
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 choices	Variety of Fruit, Yogurt or Cheese and Crackers	Variety of Fruit, Yogurt or Homemade Strawberry Crumble Slice	Variety of Fruit, Yogurt or Apple lattice Pie	Variety of Fruit, Yogurt or Homemade Iced Chocolate Beetroot Cake	Variety of Fruit, Yogurt or Homemade Oat Cookie and Banana
Allergens	Milk, Wheat	Milk, Wheat	Milk, Wheat	Milk, Wheat, Egg	Milk, Gluten
Daily additional choices	Salad bar, *Freshly Baked Bread and drinking water available daily (Allergens: Wheat, *May contain Sesame Seeds)				
Notes	*Loaded - Hidden Blended Veg (onions, peppers, courgettes) All items subject to availability				

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# THE GARDENS KITCHEN

## AUTUMN 2020 MENU

	WEEK 3 Dates: 21 <sup>st</sup> Sep, 12 <sup>th</sup> Oct				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat/Fish Option	Garlic Chicken Pizza on Wholegrain base Diced Herb Potatoes	*Loaded Mediterranean Beef Meatballs Fusilli Pasta	Roast Chicken Fillet Roast Potatoes, Yorkshire Pudding Gravy (GF,V)	Sweet and Sour Chicken Noodles	Fish Fingers (Salmon or White Fish) Chips
Allergens	Milk, Wheat, Celery	Wheat	Cereals, Egg, Gluten, Milk, Wheat	Wheat, Egg	Fish, Gluten, Egg
Vegetarian Option	Margherita Pizza on Wholegrain base Diced herb potatoes	*Loaded Mediterranean Linda McCartney Meat-free Balls, Fusilli Pasta	Roast Quorn Fillet Roast Potatoes Yorkshire Pudding Gravy(V)	Sweet and Sour Quorn Noodles	Vegetable fingers Chips
Allergens	Milk, Wheat, Celery	Wheat, Barley	Cereals, Egg, Gluten, Milk, Wheat	Wheat, Egg	Gluten
Vegetables	Mediterranean -Vegetables Sweetcorn	Peas Carrots	Mix Vegetables Cauliflower	Sweetcorn Mixed Peppers	Beans Garden 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 choices	Variety of Fruit, Yogurt or Fresh Fruit Salad	Variety of Fruit, Yogurt or Homemade Apple Streusel Slice	Variety of Fruit, Yogurt or Homemade Flapjack	Variety of Fruit, Yogurt or Homemade Banana Cake	Variety of Fruit, Yogurt or Shortbread and Orange segments
Allergens	Milk	Milk, Wheat	Milk, Gluten	Milk, Wheat, Egg	Milk, Wheat
Daily additional choices	Salad bar, *Freshly Baked Bread and drinking water available daily (Allergens: Wheat, *May contain Sesame Seeds)				
Notes	*Loaded - Hidden Blended Veg (onions, peppers, courgettes) All items subject to availability				

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