



THE GARDENS KITCHEN AUTUMN 2019 MENU

WEEK 1 – Dates: Tuesday 2nd Sept, 23rd Sept, 14th Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY*	FRIDAY
Main Meat/Fish Option	Gammon Mac 'n' Cheese	Ham Pizza on wholegrain base with oven baked potato wedges	Roast Chicken with Roast Potatoes, Yorkshire Pudding and gravy	Mediterranean Meatballs with pasta	Fish Fingers (Salmon or white fish) and Chips
Allergens	Milk, Wheat	Milk, Wheat	Cereal, Eggs, Gluten, Milk, Wheat	Cereals, Gluten, Wheat	Fish, Wheat
Vegetarian Option	Mac 'n' Cheese	Margherita Pizza on wholegrain base with oven baked potato wedges	Roast Quorn with Roast Potatoes, Yorkshire Pudding and gravy	Mediterranean Quornballs with pasta	Veggie Fingers and Chips
Allergens	Milk, Wheat	Milk, Wheat	Cereal, Eggs, Gluten, Milk, Wheat	Barley, Egg, Wheat	Cereals, Gluten, Wheat
Vegetables	Sweetcorn Garden Peas	Mediterranean Veg Sweetcorn	Broccoli Cauliflower	Garden Peas Carrots	Baked Beans Garden Peas
Jacket potato	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna
Allergens	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish
Dessert	Fresh Fruit Salad	Banoffee Cake	Apple Crumble and Custard	Fruit Flapjack	Oat Cookie and Yoghurt
Allergens		Egg, Milk, Wheat	Egg, Milk, Wheat	Milk, Wheat	Gluten, Milk, Oats
Daily additional choices	Salad bar, fresh fruit, freshly baked bread and drinking water available daily				

Please prepay for meals via **ParentPay**: 1 day = £2.20, 1 week = £11.00

THE GARDENS KITCHEN AUTUMN 2019 MENU

	WEEK 2 – Dates: 9th Sept, 30th Sept				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY*	FRIDAY
Main Meat/Fish Option	Chicken Tikka Masala with Wholegrain Rice	BBQ Chicken Pizza on wholegrain base with oven baked potato wedges	Roast Turkey with Roast Potatoes, Yorkshire Pudding and gravy	Spaghetti Bolognese with garlic herb bread	Hot Dog and Chips
Allergens	Milk	Milk, Wheat	Cereal, Eggs, Gluten, Milk, Wheat	Wheat	Mustard, Wheat
Vegetarian Option	Quorn Tikka Masala with Wholegrain Rice	Margherita Pizza on wholegrain base with oven baked potato wedges	Roast Quorn with Roast Potatoes, Yorkshire Pudding and gravy	Quorn Mince Bolognese with organic herb bread	Quorn Dog and Chips
Allergens	Egg, Milk	Milk, Wheat	Cereal, Eggs, Gluten, Milk, Wheat	Egg, Wheat	Egg, Wheat
Vegetables	Garden Peas Cauliflower	Garden coleslaw (Allergens: Dairy, Egg) Sweetcorn	Carrots Broccoli	Garden Peas Sweetcorn	Baked Beans Corn on the Cob
Jacket potato	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna
Allergens	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish
Dessert	Peaches and Soft Scoop Vanilla Ice-Cream	Chocolate Beetroot Cake	Mandarin Fruit Jelly	Jam Sponge	Oat Cookie and Panacotta
Allergens	Milk	Egg, Milk, Wheat		Egg, Milk, Wheat	Gluten, Milk, Oats
Daily additional choices	Salad bar, fresh fruit, freshly baked bread and drinking water available daily				
CENSUS Special Menu	A special CENSUS Day menu will be offered on Thursday 3rd October				

Please prepay for meals via ParentPay: 1 day = £2.20, 1 week = £11.00

THE GARDENS KITCHEN AUTUMN 2019 MENU

	WEEK 3 – Dates: 16th Sept, 7th Oct				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat/Fish Option	Hunters Chicken with mashed potato	Pepperoni Pizza on wholegrain base with oven baked potato wedges	Chicken Sausages with Roast Potatoes, Yorkshire Pudding and gravy	Loaded Lasagne	Flame Grilled Burger and Chips
Allergens	Milk	Gluten, Milk, Wheat	Cereal, Eggs, Gluten, Milk, Wheat, Sulphur Dioxide, Sulphites	Milk, Wheat	Egg, Soya, Wheat
Vegetarian Option	Hunters Quorn with mashed potato	Mixed peppers on Margherita Pizza with wholegrain base oven baked potato wedges	Quorn Sausages with Roast Potatoes, Yorkshire Pudding and gravy	Quorn Lasagne	Quorn Burger and Chips
Allergens	Milk	Milk, Wheat	Cereal, Eggs, Gluten, Milk, Wheat	Milk, Wheat	Barley, Egg, Milk, Wheat
Vegetables	Broccoli Sweetcorn	Mediterranean Veg Sweetcorn	Mixed Vegetables Garden Peas	Garden Peas Carrots	Baked Beans Garden Slaw (Allergens: Dairy, Egg)
Jacket potato	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna	Oven baked with choice of Beans, Cheese or Tuna
Allergens	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish	Dairy, Fish
Dessert	Cheese and crackers	Eve's Pudding	Melon	Lemon Drizzle Cake	Oat Cookie and Fromage Frais
Allergens	Milk, Wheat	Egg, Milk, Wheat		Eggs, Milk, Wheat	Gluten, Milk, Oats
Daily additional choices	Salad bar, fresh fruit, freshly baked bread and drinking water available daily				

Please prepay for meals via ParentPay: 1 day = £2.20, 1 week = £11.00