

## THE GARDENS KITCHEN AUTUMN 2019 MENU

WEEK 1 – Dates: 28 <sup>th</sup> Oct, 18 <sup>th</sup> Nov, 9 <sup>th</sup> Dec, 13 <sup>th</sup> Jan, 3 <sup>rd</sup> Feb					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	*FRIDAY
<b>Main Meat/Fish Option</b>	Ham Pizza on Wholegrain Base oven Baked Seasoned Wedges	*Loaded Beef Mince Pie with Sautéed Potatoes Gravy (GF,V)	Chicken Roast Potatoes, Yorkshire Pudding Gravy (GF,V)	*Loaded Beef Meatballs with Fusilli Pasta	Chicken Burger *In a Bun Chips
<b>Allergens</b>	Milk, Wheat, Celery, Gluten	Milk, Wheat	Cereals, Egg, Milk	Cereals, Gluten, Wheat	Wheat, *May contain Sesame Seeds
<b>Vegetarian Option</b>	Margherita Pizza on Wholegrain Base with oven baked Potato Wedges	*Loaded Quorn Pie Sautéed Potatoes Gravy	Roast Quorn Fillet Roast Potatoes, Yorkshire Pudding Gravy	*Loaded Quorn balls with Fusilli Pasta	Quorn Burger *in a Bun Chips
<b>Allergens</b>	Milk, Wheat, Celery, Gluten	Egg, Wheat, Milk	Cereals, Egg, Milk, Gluten, Wheat	Barley, Egg, Wheat	Wheat, Egg, Milk *May contain Sesame Seeds
<b>Vegetables</b>	Mediterranean Vegetables Sweetcorn	Carrots Peas	Sweetcorn Mixed Veg	Broccoli Carrots	Sweetcorn Gardens Slaw (Allergens: Dairy, Egg)
<b>Jacket potato/ Pasta pot</b>	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Pasta Pot with Chefs *loaded veg Tomato Sauce	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Pasta Pot with Chefs *loaded veg Tomato Sauce	Oven Baked with choice of Cheese, Beans or Tuna Mayo
<b>Allergens</b>	Dairy, Fish	Wheat	Dairy, Fish	Wheat	Dairy, Fish
<b>Dessert</b>	Variety of Fruit or Cheese & Crackers	Variety of Fruit or Apple Cinnamon Cake	Variety of Fruit or Lemon Flapjack	Variety of Fruit or Pear Crumble & Custard	Variety of Fruit or fruit Yogurts
<b>Allergens</b>	Wheat, Milk	Wheat, Milk, Egg	Wheat, Milk	Wheat, Milk	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>	*Loaded - Hidden Blended Veg *Christmas Dinner Friday 13th December. All items subject to availability				

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

## THE GARDENS KITCHEN AUTUMN 2019 MENU

	<b>WEEK 2 – Dates: 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb</b>				
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Main Meat/Fish Option</b>	Pepperoni Pizza on wholegrain base Oven Baked Seasoned Potato Wedges	Chicken Tikka Masala with Spinach Wholegrain Rice Naan Bread Finger	Roast Chicken Sausage Roast Potatoes, Yorkshire Pudding Gravy(GF,V)	*Loaded Beef Lasagne	Fish Fingers (Salmon or White fish) Chips
<b>Allergens</b>	Milk, Wheat, Celery	Milk, Soya	Cereals, Egg, Gluten, Milk, Wheat, Sulphur Dioxide, Sulphites	Milk, Wheat	Fish, Wheat, Egg
<b>Vegetarian Option</b>	Margherita Pizza on wholegrain base with oven baked seasoned wedges	Quorn Tikka Masala with Spinach Wholegrain Rice Naan Bread Finger	Roast Quorn Sausage Roast Potatoes, Yorkshire Pudding Gravy	*Loaded Quorn Lasagne	Veggie Fingers Chips
<b>Allergens</b>	Milk, Wheat, Celery	Milk, Egg, Soya	Cereals, Eggs, Gluten, Milk, Wheat	Milk, Wheat	Cereals, Gluten, Wheat
<b>Vegetables</b>	Sweetcorn Mediterranean Veg	Peas Cauliflower	Carrots Broccoli	Sweetcorn Carrots	Baked Beans Peas
<b>Jacket potato</b>	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Pasta Pot with Chefs *Loaded Veg Tomato Sauce	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Pasta Pot with Chef's *loaded Veg Tomato Sauce	Oven Baked with choice of Cheese, Beans or Tuna Mayo
<b>Allergens</b>	Dairy, Fish	Wheat	Dairy, Fish	Wheat	Dairy, Fish
<b>Dessert</b>	Variety of Fruit or Fruit Salad	Variety of Fruit or Banana Sponge	Variety of Fruit or Cherry Flapjack	Variety of Fruit or Apple Pie & Custard	Variety of Fruit or fruit Yogurts
<b>Allergens</b>		Wheat, Milk, Egg	Wheat, Milk	Wheat, Milk	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>	<b>*Loaded - Hidden Blended Veg</b> <b>All items subject to availability</b>				

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## THE GARDENS KITCHEN AUTUMN 2019 MENU

	WEEK 3 – Dates: 11 <sup>th</sup> Nov, 2 <sup>nd</sup> Dec, 6th Jan, 27th Jan				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meat/Fish Option</b>	Chicken Pizza on wholegrain base Oven Baked Seasoned Wedges	*Loaded Cottage Pie Gravy(GF, V)	Roast Turkey Roast Potatoes, Yorkshire Pudding Gravy(GF,V)	*Loaded Beef Bolognese Spaghetti Herb Garlic Bread	Chicken Nuggets Chips
<b>Allergens</b>	Milk, Wheat, Celery, Gluten	Milk	Cereals, Egg, Gluten, Milk,Wheat	Wheat	Wheat
<b>Vegetarian Option</b>	Margherita Pizza on wholegrain base Oven Baked Seasoned Wedges	*Loaded Potato topped Quorn Pie Gravy	Roast Quorn Fillet Roast Potatoes Yorkshire Pudding Gravy	*Loaded Quorn Bolognese Spaghetti Herb Garlic Bread	Quorn Nuggets Chips
<b>Allergens</b>	Milk, Wheat, Celery, Gluten	Milk	Cereals, Egg, Gluten, Milk,Wheat	Egg, Wheat	Wheat,Egg
<b>Vegetables</b>	Mediterranean Veg Sweetcorn	Peas Carrots	Broccoli Mixed Veg	Peas Sweetcorn	Beans Gardens Slaw (Allergens: Dairy, Egg)
<b>Jacket potato</b>	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Pasta Pot with chefs *loaded Veg Tomato Sauce	Oven Baked with choice of Cheese, Beans or Tuna Mayo	Pasta Pot with chef's *loaded Veg Tomato Sauce	Oven Baked with choice of Cheese, Beans or Tuna Mayo
<b>Allergens</b>	Dairy, Fish	Wheat	Dairy, Fish	Wheat	Dairy, Fish
<b>Dessert</b>	Variety of Fruit or Rice Pudding with Apple Puree	Variety of Fruit or Peach Crumble	Variety of Fruit or Orange Flapjack	Variety of Fruit or Chocolate & Beetroot Cake Chocolate Custard	Variety of Fruit or Fruit Yogurts
<b>Allergens</b>	Milk	Wheat, Milk	Wheat, Milk	Wheat, Milk, Egg	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>	*Loaded - Hidden Blended Veg. All items subject to availability				

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