



## THE GARDENS' KITCHEN

### AUTUMN 2021/SPRING 2022 MENU

**WEEK 1 – Dates: Tues 2<sup>nd</sup> Nov, 22<sup>nd</sup> Nov, 13<sup>th</sup> Dec, 17<sup>th</sup> Jan, 7<sup>th</sup> Feb, 7<sup>th</sup> March, 28<sup>th</sup> March**

	MONDAY	TUESDAY	WEDNESDAY	*THURSDAY	FRIDAY
<b>Main Meat/Fish Option</b>	<b>PEPPERONI(PORK)</b> Pizza Wholegrain Base with Oven Baked Seasoned Wedges	*Loaded Mediterranean <b>BEEF</b> Lasagne	<b>CHICKEN</b> Sausage Roast Potatoes Yorkshire Pudding Gravy (GF/V)	*Loaded <b>BEEF</b> Cottage Pie with Gravy (GF/V)	<b>CHICKEN</b> Nuggets Chips
<b>Allergens</b>	Wheat, Milk	Wheat, Milk MAY CONTAIN EGG	Egg, Milk, Wheat, Sulphur Dioxide, Sulphites	Milk	Wheat
<b>Main Meat Free (Vegetarian) Option</b>	Margherita Pizza Wholegrain Base with Oven Baked Seasoned Wedges	*Loaded Mediterranean Quorn Lasagne	Quorn Sausage Roast Potatoes Yorkshire Pudding Gravy (GF/V)	*Loaded Quorn Potato Topped Pie Gravy (GF/V)	Vegetable Nuggets Chips
<b>Allergens</b>	Wheat, Milk	Egg, Wheat, Milk Barley	Wheat, Barley, Egg, Milk	Barley, Egg Milk	Wheat
<b>Vegetables</b>	Mixed Peppers	Broccoli	Mixed Vegetables	Peas	Baked beans
<b>Jacket potato</b>	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo
<b>Allergens</b>	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg
<b>Dessert</b>	Variety of Fruit, Yoghurt or Rice Pudding with Apple Puree	Variety of Fruit, Yoghurt or Strawberry Crumble Slice	Variety of Fruit, Yoghurt or Flapjack	Variety of Fruit, Yoghurt or Syrup Sponge & Custard	Variety of Fruit, Yoghurt or Shortbread & Orange Wedges
<b>Allergens</b>	Milk	Wheat, Milk	Gluten, Oat, Milk	Wheat, Milk, Egg	Wheat, Milk
<b>Daily additional choices</b>	Salad bar, *Freshly baked bread and drinking water available daily (Allergens: Wheat, *May contain soybean)				
<b>Notes</b> *CENSUS DAY	*Loaded - Added Hidden Blended Vegetables (Peppers, Courgettes and Onions) or (Carrots & Onions) <b>All items subject to availability</b> A SPECIAL CENSUS DAY MEAL WILL BE OFFERED ON THURSDAY 20 <sup>TH</sup> JANUARY				

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



## THE GARDENS' KITCHEN

### AUTUMN 2021/SPRING 2022 MENU

	WEEK 2 – Dates: 8 <sup>th</sup> Nov, 29 <sup>th</sup> Nov, Tues 4 <sup>th</sup> Jan, 24 <sup>th</sup> Jan, 21 <sup>st</sup> Feb, 14 <sup>th</sup> March				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meat/Fish Option</b>	Sausage( <b>CHICKEN</b> ) Pizza Wholegrain Base Oven Baked Diced Herb Potatoes	*Loaded Mediterranean <b>BEEF</b> Meatballs Fusilli Pasta	<b>CHICKEN</b> Roast Potatoes Yorkshire Pudding Gravy (GF,V)	<b>CHICKEN</b> Tikka Masala with Hidden Spinach Basmati Rice Naan Bread	<b>FISH</b> Fingers (Salmon or White Fish) Chips
<b>Allergens</b>	Wheat, Milk, Sulphur Dioxide, Sulphites	Wheat	Wheat, Egg, Milk	Milk, Wheat	Fish, Wheat
<b>Main Meat Free (Vegetarian) Option</b>	Margherita Pizza Wholegrain Base Oven Baked Diced Herb Potatoes	*Loaded Mediterranean Quorn balls Fusilli Pasta	Roast Quorn Fillet Roast Potatoes Yorkshire Pudding *Gravy (V)	Sweet Potato & Chickpea, Tikka Masala Basmati Rice Naan Bread	Vegetable Fingers Chips
<b>Allergens</b>	Wheat, Milk	Barley, Wheat, Egg	Wheat, Eggs, Milk, *Celery	Wheat,	Wheat
<b>Vegetables</b>	Mixed Peppers	Carrots	Mixed Vegetables	Cauliflower	Peas
<b>Jacket potato</b>	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo
<b>Allergens</b>	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg
<b>Dessert</b>	Variety of Fruit, Yoghurt or Cheese & *Crackers	Variety of Fruit, Yoghurt or Apple Crumble & Custard	Variety of Fruit, Yoghurt or Melon	Variety of Fruit, Yoghurt or Jam Sponge & Custard	Variety of Fruit, Yoghurt or Orange Flapjack
<b>Allergens</b>	Milk, Wheat, * May contain Sesame Seeds and Egg	Milk, Wheat	Milk	Wheat, Milk, Egg	Milk, Gluten(Oat)
<b>Daily additional choices</b>	Salad bar, *Freshly baked bread and drinking water available daily. (Allergens: Wheat, *may contain soybean)				
<b>Notes</b>	*Loaded - Added Hidden Blended Vegetables (Peppers, Courgettes and Onions) <b>All items subject to availability</b>				

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## THE GARDENS' KITCHEN

### AUTUMN 2021/SPRING 2022 MENU

	WEEK 3 – Dates: 15 <sup>th</sup> Nov, 6 <sup>th</sup> Dec, 10 <sup>th</sup> Jan, 31 <sup>st</sup> Jan, 28 <sup>th</sup> Feb, 21 <sup>st</sup> March				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	*FRIDAY
Main Meat/Fish Option	Garlic <b>CHICKEN</b> Pizza Wholegrain base Oven Baked Sautéed Potatoes	*Loaded <b>BEEF</b> Bolognaise Spaghetti *Herb Garlic Bread	Roast Turkey Roast Potatoes Yorkshire Pudding Gravy(GF/V)	<b>CHICKEN</b> & Sweetcorn Pastry Pie Mashed Potato Gravy (GF/V)	<b>CHICKEN</b> Burger *in a Bun Chips
Allergens	Wheat, Milk	Wheat, *May contain Milk & Soybean	Egg, , Milk, Wheat	Wheat, Milk	Wheat, *May contain sesame
Main Meat Free (Vegetarian) Option	Margherita Pizza Wholegrain base Oven Baked Sautéed Potatoes	*Loaded Quorn Bolognaise Spaghetti *Herb Garlic Bread	Sliced Quorn Roast Roast Potatoes Yorkshire Pudding *Gravy (V)	Quorn & Sweetcorn Pastry Pie Mashed Potato Gravy (GF/ V)	Southern style Quorn Burger *in a Bun Chips
Allergens	Wheat , Milk	Wheat, Barley, Egg, *May contain Milk & Soybean	Wheat , Milk, Egg *Celery	Wheat, Egg, Milk	Gluten, Wheat, Egg, Milk *May contain sesame
Vegetables	Sweetcorn	Peas	Mixed Vegetables	Carrots	Gardens' Coleslaw
Jacket potato	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo	Baked with choice of Cheese, Beans or Tuna Mayo
Allergens	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg
Dessert	Variety of Fruit, Yoghurt or Fresh Fruit Salad	Variety of Fruit, Yoghurt or Chocolate Cake & Chocolate Custard	Variety of Fruit, Yoghurt or Melon	Variety of Fruit, Yoghurt or Banana Cake & Custard	Variety of Fruit, Yoghurt or Gingerbread & Pear
Allergens	Milk	Wheat, Milk, Egg	Milk	Wheat, Milk, Egg	Wheat, Milk
Daily additional choices	Salad bar, *Freshly Baked Bread and drinking water available daily(Allergens: Wheat, *May contain soybean) <b>All items subject to availability</b>				
Notes	*Loaded Added hidden blended vegetables (Carrots & Onions)				
*CHRISTMAS LUNCH	A SPECIAL CHRISTMAS LUNCH WILL BE OFFERED ON FRIDAY 10 <sup>TH</sup> DECEMBER				

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