

THE GARDENS KITCHEN

Spring 2020 MENU

WEEK 1 – Dates: 13 th Jan, 3 rd Feb, 2 nd Mar, 23 rd Mar					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	*FRIDAY
Main Meat/Fish Option	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
Allergens	Milk, Wheat, Celery, Gluten	Milk, Wheat	Cereals, Egg, Milk	Cereals, Gluten, Wheat	Wheat, *May contain Sesame Seeds
Vegetarian Option	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
Allergens	Milk, Wheat, Celery, Gluten	Egg, Wheat, Milk	Cereals, Egg, Milk, Gluten, Wheat	Barley, Wheat, Soya Bean	Wheat, Egg, Milk *May contain Sesame Seeds
Vegetables	Mediterranean Vegetables Sweetcorn	Carrots Peas	Sweetcorn Mixed Veg	Broccoli Carrots	Sweetcorn Gardens Slaw (Allergens: Dairy, Egg)
Jacket potato/ Pasta pot	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
Allergens	Dairy, Fish	Wheat	Dairy, Fish	Wheat	Dairy, Fish
Dessert	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
Allergens	Wheat, Milk	Wheat, Milk, Egg	Wheat, Milk	Wheat, Milk	Milk
Daily additional choices	Salad bar, Freshly Baked Bread* and drinking water available daily (Allergens: Wheat, *May contain Sesame Seeds)				
Notes	*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

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Spring 2020 MENU

	WEEK 2 – Dates: 20th Jan, 10th Feb, 9th Mar, 30th Mar				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat/Fish Option	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
Allergens	Milk, Wheat, Celery	Milk, Soya	Cereals, Egg, Gluten, Milk, Wheat, Sulphur Dioxide, Sulphites	Milk, Wheat	Fish, Wheat, Egg
Vegetarian Option	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
Allergens	Milk, Wheat, Celery	Milk, Egg, Soya	Cereals, Eggs, Gluten, Milk, Wheat	Milk, Wheat	Cereals, Gluten, Wheat
Vegetables	Sweetcorn Mediterranean Veg	Peas Cauliflower	Carrots Broccoli	Sweetcorn Carrots	Baked Beans Peas
Jacket potato	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
Allergens	Dairy, Fish	Wheat	Dairy, Fish	Wheat	Dairy, Fish
Dessert	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
Allergens		Wheat, Milk, Egg	Wheat, Milk	Wheat, Milk	Milk
Daily additional choices	Salad bar, Freshly Baked Bread* and drinking water available daily (Allergens: Wheat, *May contain Sesame Seeds)				
Notes	*Loaded - Hidden Blended Veg All items subject to availability				

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Spring 2020 MENU

	WEEK 3 – Dates: 6th Jan, 27th Jan, 24th Feb, 16th Mar				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat/Fish Option	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
Allergens	Milk, Wheat, Celery, Gluten	Milk	Cereals, Egg, Gluten, Milk, Wheat	Wheat	Wheat
Vegetarian Option	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
Allergens	Milk, Wheat, Celery, Gluten	Milk	Cereals, Egg, Gluten, Milk, Wheat	Egg, Wheat	Wheat (Gluten), Soya
Vegetables	Mediterranean Veg Sweetcorn	Peas Carrots	Broccoli Mixed Veg	Peas Sweetcorn	Beans Gardens Slaw (Allergens: Dairy, Egg)
Jacket potato	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
Allergens	Dairy, Fish	Wheat	Dairy, Fish	Wheat	Dairy, Fish
Dessert	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
Allergens	Milk	Wheat, Milk	Wheat, Milk	Wheat, Milk, Egg	Milk
Daily additional choices	Salad bar, Freshly Baked Bread* and drinking water available daily (Allergens: Wheat, *May contain Sesame Seeds)				
Notes	*Loaded - Hidden Blended Veg. All items subject to availability				

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