

THE GARDENS KITCHEN

SUMMER/AUTUMN 2021 MENU

WEEK 1 Dates: 19th Apr, 10th May, 7th Jun, 28th Jun, 19th Jul, 13th Sept, 4th Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat/Fish Option	PEPPERONI (PORK) Pizza on Wholegrain Base oven baked Seasoned Wedges	Homemade*Loaded BEEF Bolognese Spaghetti *Herb Garlic Bread	Roast CHICKEN Sausage Roast Potatoes Yorkshire Pudding Gravy (GF/V)	BBQ CHICKEN Wrap RAINBOW Pasta	CHICKEN Nuggets Chips & Ketchup
Allergens	Gluten (Wheat), Milk	Gluten (Wheat), *May contain milk & Soybean	Sulphur Dioxide, Sulphites, Egg, Milk, Gluten (Wheat)	Gluten (Wheat)	Gluten (Wheat)
Vegetarian/Meat free Option	Margherita Pizza on Wholegrain Base oven baked Seasoned Wedges	Homemade*Loaded Quorn Spaghetti Bolognese *Herb Garlic Bread	Roast Quorn Sausage Roast Potatoes Yorkshire Pudding Gravy (GF/V)	Homemade Pangrattato topped Mac 'n' Cheese	Vegetable Nuggets Chips & Ketchup
Allergens	Gluten (Wheat), Milk	Gluten (Wheat), Egg, *May contain Soybean and Milk	Gluten (Wheat), Milk, Egg	Gluten (Wheat), Milk	Gluten (Wheat)
Vegetables	Sweetcorn	Broccoli	Mixed Vegetables	Corn on the Cob	Baked Beans
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 of Cheese, Beans or Tuna Mayo	Oven 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 choices	Variety of Fruit, Yogurt or Peaches & Ice Cream	Variety of Fruit, Yogurt or Lemon Drizzle Cake	Variety of Fruit, Yogurt or Carrot cake flapjack (Cinnamon, Nutmeg)	Variety of Fruit, Yogurt or Iced Chocolate Beetroot Cake	Variety of Fruit, Yogurt or Shortbread & Orange
Allergens	Milk	Gluten (Wheat), Milk, Egg	Gluten (Oats), Milk	Gluten (Wheat), Milk, Eggs	Gluten (Wheat), Milk
Daily additional choices	Served salad bar, *Freshly Baked bread (Allergens: Wheat, (May contain soybean) and drinking water available daily				
Notes	*Loaded - Hidden Blended Veg (onions, carrots) All items subject to availability. GF: Gluten free, V: Vegetarian				

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

THE GARDENS KITCHEN SUMMER/AUTUMN 2021 MENU

	WEEK 2 Dates: 26 th Apr, 17 th May, 14 th Jun, 5 th Jul, Thurs 2 nd Sept, 20 th Sep, 11 th Oct				
	MONDAY	TUESDAY	WEDNESDAY	*THURSDAY	FRIDAY
Main Meat/Fish Option	CHICKEN Sausage Pizza on a Wholegrain base oven baked Sautéed Potatoes	Homemade *Loaded Mediterranean BEEF Lasagne	Roast TURKEY Crown Roast Potatoes, Yorkshire Pudding, Gravy (GF/V)	CHICKEN Tikka Masala with hidden Spinach Basmati Rice Naan Bread	BEEF (Cheese)Burger in a *Bun Chips & Ketchup
Allergens	Milk, Gluten (Wheat), Sulphur Dioxide, Sulphites	Gluten (Wheat), Milk	Gluten (Wheat), Egg, Milk	Gluten (Wheat), Milk	Gluten (Wheat), Soybean, Egg, Milk
Vegetarian/Meat Free Option	Margherita Pizza on a Wholegrain base oven baked Sautéed Potatoes	Homemade *Loaded Mediterranean Quorn Lasagne	Sliced Quorn Roast Roast Potatoes, Yorkshire Pudding, * Gravy (V)	Sweet Potato & Chickpea Tikka Masala, Spinach Basmati Rice Naan Bread	Quorn (Cheese)Burger in a *Bun Chips & Ketchup
Allergens	Gluten ((Wheat), Milk	Gluten (Wheat), Milk, Egg	Gluten (Wheat), Eggs, Milk, *Celery	Gluten (Wheat), Milk	Gluten (Wheat), Egg, Milk
Vegetables	RAINBOW Peppers	Peas	Mixed Vegetables	Cauliflower	RAINBOW Salad or Beans
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	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg
Dessert choices	Variety of Fruit, Yogurt or Cheese and *Crackers	Variety of Fruit, Yogurt or Homemade Strawberry Crumble Slice	Variety of Fruit, Yogurt or flapjack	Variety of Fruit, *Yogurt or Mandarins in Jelly (V)	Variety of Fruit, Yogurt or Homemade Oat Cookie & Banana
Allergens	Gluten (Wheat), Milk	Gluten (Wheat), Milk	Gluten (Wheat), Milk	*Milk	Milk, Gluten (Wheat)
Daily additional choices	Served salad bar, Freshly Baked bread Allergens: Wheat (May contain soybean) and drinking water available daily *Cream Crackers & Buns (Allergens: Wheat, *May contain sesame seeds))				
Notes *CENSUS DAY	*Loaded - Hidden Blended Veg (onions, peppers, courgettes) All items subject to availability. A special Census Day menu will be offered on May 20th				

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THE GARDENS KITCHEN SUMMER/AUTUMN 2021 MENU

	WEEK 3 Dates: Tues 4 th May, 24 th May, 21 st Jun, 12 th Jul, 6 th Sep, 27 th Sep, 18 th Oct				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat/Fish Option	HAM (PORK) Pizza on Wholegrain base Diced Herb Potatoes	BEEF Meatballs Blended Onion Gravy (GF/V) *Creamy Mash	Roast CHICKEN Fillet Roast Potatoes, Yorkshire Pudding, Gravy (GF/V)	HAM (PORK) & CHEESE Melt, Wrap RAINBOW Pasta	Breaded FISH Or (Salmon fingers) Chips & Ketchup
Allergens	Gluten (Wheat), Milk	Gluten (Wheat), *Milk	Gluten (Wheat), Egg, Milk	Milk, Gluten (Wheat)	Fish, Gluten (Wheat)
Vegetarian/Meat Free Option	Margherita Pizza on Wholegrain base Diced Herb Potatoes	Quorn Balls, Blended Onion Gravy (GF/V) *Creamy Mash	Roast Quorn Fillet Roast Potatoes, Yorkshire Pudding, *Gravy (V)	Chefs *Loaded Pasta Sauce & (cheese) Fusilli Pasta	Breaded Quorn Fingers Chips & Ketchup
Allergens	Gluten (Wheat), Milk	Gluten (Wheat), *Milk	Milk, Gluten (Wheat), Egg *Celery	Milk, Gluten (Wheat)	Gluten (Wheat)
Vegetables	RAINBOW Peppers	Carrots	Mixed Vegetables	Sweetcorn	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	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg	Milk, Fish, Egg
Dessert choices	Variety of Fruit, Yogurt or Fresh RAINBOW Fruit Salad	Variety of Fruit, Yogurt or Spiced Apple Cake (Cinnamon)	Variety of Fruit, Yogurt or "Jelly fluff"(V)	Variety of Fruit, Yogurt or Chocolate "Haystack"	Variety of Fruit, Yogurt or Banana Cake
Allergens	Milk	Milk, Gluten (Wheat), Egg	Milk	Milk, Gluten (Barley)	Milk, Gluten (Wheat),Eggs
Daily additional choices	Served salad bar, Freshly Baked bread Allergens: Wheat (May contain Soybean) and drinking water available daily				
Notes	*Loaded - Hidden Blended Veg (onions, peppers, courgettes) All items subject to availability.				

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