

THE GARDENS KITCHEN

SUMMER 2022 MENU

WEEK 1 Dates: Tues 19thApril, 9thMay, 6thJun, 27thJun, 18thJul, 19thSep, 10thOct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat/Fish Option	PEPPERONI (PORK) Pizza on Wholegrain base Diced Herb Potatoes	BEEF Meatballs Blended Onion Gravy (V) *Creamy Mash	CHICKEN Fillet, Roast Potatoes Yorkshire Pudding Gravy (V)	HAM (PORK) & CHEESE Melt Wrap Rainbow Pasta	FISH Fingers (Salmon or white fish) Chips
Allergens	Wheat, Milk	Wheat,*Milk, Soya	Gluten, Wheat, Egg, Milk, Soya	Wheat, Milk	Wheat, Fish
Vegetarian/Meat free Option	Margherita Pizza on Wholegrain base Diced Herb Potatoes	Quorn Balls, Onion Gravy (V) Creamy Mash	Quorn Fillet, Roast Potatoes, Yorkshire Pudding, *Gravy (V)	Chef's *Loaded Pasta Sauce & (CHEESE) Fusilli Pasta	Vegetable Fingers Chips
Allergens	Wheat, Milk	Wheat, Milk, Soya	Wheat, Milk, Egg *Celery, Soya	Wheat, Milk, Soya	Wheat
Vegetables	Mixed 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 Fruit Salad	Variety of Fruit, Yogurt or Apple Cinnamon Cake	Variety of Fruit, Yogurt or Melon	Variety of Fruit, Yogurt or Chocolate "Haystack"	Variety of Fruit, Yogurt or Flapjack
Allergens	Milk	Wheat, Milk, Egg	Milk	Milk, Gluten(Barley)	Gluten(Oats),Milk
Daily additional choices	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.				

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

THE GARDENS KITCHEN

SUMMER 2022 MENU

	WEEK 2 Dates: 25 th Apr, Tues 17 th May, 13 th Jun, 4 th Jul, 5 th Sept, 26 th Sept, 17 th Oct				
	MONDAY	TUESDAY	WEDNESDAY	*THURSDAY	FRIDAY
Main Meat/Fish Option	HAM (PORK) Pizza on Wholegrain Base Oven Baked Seasoned Wedges	*Loaded BEEF Bolognese Spaghetti *Herb Garlic Bread	Roast CHICKEN Sausage Roast Potatoes Yorkshire Pudding Gravy (V)	BBQ CHICKEN hot Wrap Rainbow Pasta	CHICKEN Goujons Chips
Allergens	Wheat, Milk	Wheat, Soya *may contain Milk & Soybean	Wheat, Sulphur Dioxide, Sulphites, Egg, Milk, Soya	Wheat	Wheat
Vegetarian/Meat Free Option	Margherita Pizza on Wholegrain Base Seasoned Wedges	*Loaded Quorn Spaghetti Bolognese Herb Garlic Bread	Roast Quorn Sausage Roast Potatoes, Yorkshire Pudding Gravy (V)	Pangrattato topped Mac 'n' Cheese	Quorn Nuggets Chips
Allergens	Wheat, Milk	Wheat, Egg, Barley, Soya may contain Soybean & Milk	Wheat, Milk, Egg, Barley, Soya	Wheat, Milk, May contain Soybean	Wheat
Vegetables	Sweetcorn	Broccoli	Mixed Vegetables	Mixed Salad	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 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 and Ice Cream	Variety of Fruit, Yogurt or Lemon Drizzle Cake	Variety of Fruit, Yogurt or Melon	Variety of Fruit, Yogurt or Iced Chocolate Beetroot Cake	Variety of Fruit, Yogurt or Apple Flapjack
Allergens	Milk	Wheat, Milk, Egg	Milk	Wheat, Eggs, Milk	Gluten(Oats), Milk
Daily additional choices	Salad bar, *Freshly Baked bread (Allergens: Gluten, Wheat, (May contain soybean) and drinking water available daily				
Notes *CENSUS DAY	*Loaded - Hidden Blended Veg (onions, carrots) All items subject to availability A special Census Day menu will be offered on May 19th				

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

THE GARDENS KITCHEN SUMMER 2022 MENU

	WEEK 3 Dates: Tues 3 rd May, 23 rd May, 20 th Jun, 11 th Jul, 12 th Sept, 3 rd Oct				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat/Fish Option	CHICKEN Sausage Pizza on Wholegrain base oven baked Sautéed Potatoes	*Loaded Mediterranean BEEF Lasagne	Roast TURKEY Crown Roast Potatoes Yorkshire Pudding Gravy (V)	CHICKEN Tikka Masala with hidden Spinach Basmati Rice Naan Bread	BEEF (Cheese)Burger in a *Bun Chips
Allergens	Wheat, Milk, Sulphur Dioxide, Sulphites	Wheat, Milk, Soya	Wheat, Egg, Milk, Soya	Wheat, Milk, Soya	Wheat, Soybean, Egg, Milk
Vegetarian/Meat Free Option	Margherita Pizza Wholegrain base oven baked Sautéed Potatoes	*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
Allergens	Wheat, Milk,	Wheat, Milk, Egg, Soya	Wheat, Eggs, Milk, *Celery, Soya	Wheat, Milk, Soya	Wheat, Egg, Milk,
Vegetables	Mixed Peppers	Peas	Mixed Vegetables	Cauliflower	Mixed Salad
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 Strawberry Crumble Slice	Variety of Fruit, Yogurt or Melon	Variety of Fruit, Yogurt or Mandarins in Jelly (V)	Variety of Fruit, Yogurt or Orange Flapjack
Allergens	Milk, Wheat *may contain sesame seed, egg, milk	Wheat, Milk	Milk	Milk	Gluten (Oats), Milk
Daily additional choices	Salad bar, Freshly Baked bread (Allergens: Gluten, Wheat (may contain soybean) and drinking water available daily *Buns (Allergens: Gluten, Wheat, *May contain sesame seeds)				
Notes	*Loaded - Hidden Blended Veg (onions, peppers, courgettes) All items subject to availability.				

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