



The Garden Nursery & Pre School Autumn/Winter Menu 2018

Week 1 22.10/ 12.11/3.12/ 31.12/ 21.01/ 11.02/ 04.03/ 25.03	Main Course	Contents	Dessert	Contents
Monday	Rainbow Risotto	Risotto rice, mushroom, onion, pepper, celery , peas, carrots, mixed herbs, vegetable stock Contains celery and dairy	Vanilla Ice Cream	Contains dairy
Tuesday	Sausage with Mashed Potato & Baked Beans Quorn Sausage with Mashed Potato & Baked Beans	Pork sausages , potato, dairy free butter, reduce salt and sugar baked beans, oat milk Quorn sausages Contains gluten	Chocolate and pear Suchard with custard	Coco powder, dairy free butter, eggs, flour, sugar, pears, milk Custard powder Contains dairy
Wednesday	Beef Bolognaise with Spaghetti Quorn Bolognaise with Spaghetti	Beef mince, spaghetti , onions, mushrooms, tomatoes, tomato puree, mixed herbs, celery, garlic, vegetable stock cubes quorn Contains gluten	Fresh Fruit Medley	Apple, pear, melon, pineapple, blueberries, banana, mango, strawberries, grapes
Thursday	Sweet & Sour Chicken with egg noodles Tofu Sweet & Sour Chicken with Noodles	Chicken, noodles, spring onions, mushrooms, celery, bean shoots, peppers, vegetable stock, chilli sauce, soya sauce, pineapple, tomato puree	Eton Mess	Strawberries, meringue, cream Contains dairy
Friday	Vegetable Curry with Rice	Cauliflower peas sweetcorn curry powder tomatoes, broccoli, onions, peppers, carrots, tomato puree, vegetable stock	Mixed Berry Crumble with Custard	Flour , butter , sugar, strawberries, blackberries, raspberries, red currents, black currents, custard powder, milk Contains gluten dairy

	Main Course	Contents	Dessert	Contents
Monday	Chinese Style Noodles	Onion, tomatoes, chilli sauce, mushrooms, peppers, garlic, noodles, soya sauce, peas, carrots	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries
Tuesday	Thick Country Style Soup with Bread & Butter	Onion, vegetable stock, carrots, swede, parsnip Bread dairy free butter Contains gluten	Yoghurt	Contains dairy
Wednesday	Baked Beans on Toast	Reduced salt and sugar Baked beans bread Contains gluten	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries
Thursday	Bagels with Ham & Cheese	Cream cheese sliced ham plain bagels carrot sticks Contains dairy gluten	Yoghurt	Contains dairy
Friday	Pasta Salad	Pasta peas sweetcorn tomato puree tomatoes garlic carrots kidney beans vegetable stock Contains gluten	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries



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Week 2 29.10/ 19.11/ 10.12/ 07.01 / 28.01 / 18.02/ 11.03 /01.04	Main Course	Contents	Dessert	Contents
Monday	Spinach & Mushroom Pasta with Garlic Bread	Spinach, mushrooms, stock, pasta , tomatoes, mixed herbs, garlic, tomato puree Contains Gluten	Tinned Peaches & Cream	Peaches, cream Contains dairy
Tuesday	Beef Chilli-Con Carne with Rice Quorn Chilli-Con Carne with Rice	Beef, chilli flakes, onions, mushrooms, celery, kidney beans, stock, mixed herbs, garlic, rice	Fresh Fruit Salad	Apple, pear, melon, pineapple, blueberries, banana, mango, strawberries, grapes
Wednesday	Fish Fingers with parsley Potatoes & Peas Vegetable fingers with Potatoes & Peas	Fish fingers, parsley, dairy free butter, peas, potatoes	Jam Sponge with Custard	Flour, dairy free butter, eggs, jam, sugar Contains gluten
Thursday	Chicken Casserole with Cous Cous & Sweetcorn Quorn Casserole with Cous Cous & Sweetcorn	Chicken, onions, carrots, stock, tomatoes, celery, garlic, mushrooms, cous cous, sweetcorn Quorn	Semolina Pudding	Semolina, sugar, milk Contains dairy
Friday	Hungarian style Quorn Goulash with Jacket Potato	Quorn, yoghurt, onion, paprika, mushrooms, garlic, celery, tomatoes, tomato puree, stock, Contains dairy	Chocolate Rice Krispy Cake	Chocolate powder, rick krispy, dairy free butter, golden syrup

	Main Course	Contents	Dessert	Contents
Monday	Pitta Bread, Garlic Dip, Houmous, Cherry Tomatoes, Cucumber sticks	Pitta bread , garlic, mayonnaise, soured cream, onion, rapeseed oil, garlic puree, cornflour, chive, chickpeas, rapseed oil, water, tahini, sesame seed paste, concentrated lemon juice, garlic, salt, cherry tomatoes, cucumber Contains gluten	Yoghurt	Contains dairy
Tuesday	Chicken & Cheese Melt with mixed Salad Cheese Melt with mixed salad	Chicken, cheese, muffin , lettuce, tomato, cucumber, cress Contains Gluten	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries
Wednesday	Couscous & Mixed Bean Salad	Couscous, haricot beans, kidney beans, belloti beans, onion, vegetable stock	Yoghurt	Contains dairy
Thursday	Jacket Potato with Cheese & Beans	Potato, cheese , reduced salt & sugar beans, Contains Dairy	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries
Friday	Ham Sandwiches with Carrot sticks & Crisps Quorn Sandwiches with Carrot Sticks & Crisps	Ham, bread, butter, carrots, crisps, Quorn Contains Dairy	Yoghurt	Contains dairy

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Week 3 05.11/ 26.11/ 17.12/ 14.01/ 04.02/ 25.02 / 18.03/ 08.04	Main Course	Contents	Dessert	Contents
Monday	Italian Style Pasta with Broccoli	Pasta, broccoli, tomatoes, garlic, stock, tomato puree, mushrooms, onions, celery Contains Gluten	Fresh Fruit Salad	Apple, pear, melon, pineapple, blueberries, banana, mango, strawberries, grapes
Tuesday	Cod, Tuna & Sweetcorn Bake with New potatoes Cheese & Sweetcorn Bake with new potatoes	Cod, tuna, sweetcorn, flour, butter, milk, cheese, new potatoes, garlic Contains Gluten, dairy,	Banana Loaf	Banana, flour, butter, sugar, milk, eggs, Contains Gluten, Dairy, egg
Wednesday	Braised Lamb Hot Pot with mixed Vegetables Mixed Vegetable Hot Pot	Lamb, stock, potatoes, onions, tomatoes, tomato puree, celery, mixed herbs, swede, peas, cauliflower, broccoli,	Apricot Flapjack	Dried Apricots, butter, golden syrup, oats Contains dairy
Thursday	Quorn Provenance with Carrots	Mixed herbs, Quorn, garlic, tinned tomatoes, celery, mushrooms, stock, chilli flakes, carrots	Rice Pudding	Milk, rice, cinnamon, sugar Contains Dairy
Friday	Chicken 'a' la King with Savoury Rice Quorn Chicken a la king with Savoury Rice	Chicken, mixed peppers, onions, mushrooms, vegetable stock, cream, garlic, rice, mixed herbs	Chocolate Brownie	Chocolate powder, dairy free butter, dark chocolate, carrot, eggs Contains egg

	Main Course	Contents	Dessert	Contents
Monday	Tuna & Sweetcorn Wraps Cheese Wraps	Tortilla wraps, mayonnaise, tuna, sweetcorn, Contains Gluten	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries
Tuesday	Macaroni Cheese Bake & Peas	Macaroni, flour, butter, cheese, milk, peas Contains Gluten, dairy	Yoghurt	Contains dairy
Wednesday	Pizza Slices & Vegetable sticks	Flour, egg, butter, tomato puree, tomatoes, mixed herbs, garlic, mushrooms, cucumber, pepper Contains Gluten	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries
Thursday	Vegetable Curry with Rice	Cauliflower, broccoli, carrots, onion, celery, tomato puree, curry powder, peas, sweetcorn, rice	Yoghurt	Contains dairy
Friday	Mixed Sandwiches with Vegetable sticks	Ham, cheese, tuna, egg, bread, butter, pepper, cucumber, carrots Contains, egg, dairy	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries