



The Garden Nursery & Pre School Spring / Summer Menu 2019

Week 1 15.04/6.05/27.05/ 17.06/08.07/29.07/ 19.08/09.09/30.09	Main Course	Contents	Dessert	Contents
Monday	Italian Style Pasta with Garlic Bread.	Pasta, broccoli, tomatoes, garlic, stock, tomato puree, mushrooms, onions, celery, bread, garlic Contains Gluten	Sultana Sponge	Butter, flour, eggs, sugar, sultanas Contains dairy, egg
Tuesday	Sausage Casserole with mixed vegetable Quorn Sausage with mixed Vegetables	Pork sausages, potato, onions, carrots, stock, tomatoes, celery, kidney, beans, sweetcorn. Quorn sausages, potato, onions, carrots, stock, tomatoes, celery, kidney, beans, sweetcorn. Contains gluten	Peaches & Cream	Peaches, Cream Contains diary
Wednesday	Vegetable Curry with Rice	Cauliflower, peas, sweetcorn, curry powder, tomatoes, broccoli, onions, peppers, carrots, tomato puree, vegetable stock	Vanilla Ice Cream	Contains Dairy
Thursday	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 Contains Dairy	Bananas & Custard	Bananas, custard powder, water Contains egg
Friday	Fish Fingers with Potatoes & Peas Vegetable fingers with Potatoes & Peas	Fish fingers, parsley, dairy free butter, peas, potatoes Vegetable fingers, new potatoes, peas	Apricot Flapjack	Dried Apricots, butter, golden syrup, oats Contains dairy

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Monday	Rice & Mixed Bean Salad	Onion, tomatoes, chilli sauce, mushrooms, peppers, garlic, noodles, soya sauce, peas, carrots	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries
Tuesday	Mixed Sandwiches with Vegetable sticks	Ham, cheese, tuna, egg, bread, butter, pepper, cucumber, carrots Contains, egg, dairy	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	Tuna pasta salad	Tuna, pasta, mayo, sweetcorn.	Yoghurt	Contains dairy
Friday	Pitta pizzas	Pitta, mixed herbs, garlic, mushrooms, pepper, cheese, sweetcorn, tomato puree Contains Gluten	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries



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Week 2 22.04/13.05/03.06/ 24.06/15.07/05.08/ 26.08/16.09/07.10	Main Course	Contents	Dessert	Contents
Monday	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
Tuesday	Jacket potato with grated cheese & homemade coleslaw Jacket potato with grated cheese & homemade coleslaw	Potatoes, cabbage, onion, carrot, mayonnaise, cheese	Blueberry & Pineapple cake	Flour, eggs, jam, sugar, blueberry, pineapple Contains gluten
Wednesday	Vegetable Medley with pasta Vegetable Medley with pasta	Pasta, broccoli, tomatoes, garlic, tomato puree, mushrooms, onions, celery. Contains Celery	Rice Pudding	Rice, milk, sugar, cinnamon Contains Dairy
Thursday	Sausages, Wedge potato, Baked Beans Quorn Sausages, wedge potato, Baked Beans	Pork sausages, potatoes, baked beans.	Jam Sponge with custard	Flour, eggs, sugar, butter, jam Contains dairy, egg
Friday	Mushroom risotto	Mushroom. Risotto rice, onions, garlic,	Chocolate Brownie	Eggs, flour, sugar, cocoa, butter, golden syrup, icing sugar

	Main Course	Contents	Dessert	Contents
Monday	Ham Sandwiches with Carrot sticks & Crisps Quorn Sandwiches with Carrot Sticks & Crisps	Ham, bread, butter, carrots, crisps, Quorn Contains Dairy	Yoghurt	Contains dairy
Tuesday	Bagels with Ham & cream Cheese	Cream cheese sliced ham plain bagels carrot sticks, cream cheese Contains dairy gluten	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries
Wednesday	Tuna & Sweetcorn wraps	Tuna, wraps, sweetcorn, mayo	Yoghurt	Contains dairy
Thursday	Couscous & mixed salad	Couscous, onion, garlic, carrot, mushrooms, tomato,	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries
Friday	Pasta Salad	Pasta, sweetcorn, carrot, cucumber, pepper, mayo	Yoghurt	Contains dairy

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Week 3 29.04/20.05/10.06/ 01.07/22.07/12.08 02.09/23.09/14.10	Main Course	Contents	Dessert	Contents
Monday	Rainbow risotto	Risotto rice, mushroom, onion, pepper, celery, peas, carrots, mixed herbs, vegetable stock. Contains Celery & Dairy	Chocolate Rice krispy cake.	Rice krispies, cocoa powder, rice krispy, dairy free bitter, golden syrup
Tuesday	Macaroni Cheese with Mixed Vegetables Macaroni Cheese with Mixed Vegetables	Macaroni, flour, butter, milk, cheese, sweetcorn, peas. Contains Dairy	Semolina	Milk, semolina, sugar. Contains Dairy
Wednesday	Chicken salad with hot new potatoes	Chicken, potatoes, cucumber, lettuce, tomatoes, cress, carrot	Mixed Fruit crumble with custard	Custard powder, water, flour, butter, sugar
Thursday	Quorn goulash with rice	Mixed herbs, Quorn, garlic, yoghurt, celery, mushrooms, stock, onion, paprika, tomatoes, tomato puree, carrots Contains Dairy	Fresh fruit Medley	Apple, pear, melon, pineapple, blueberries, banana, mango, strawberries, grapes
Friday	Tuna Pasta Bake	Tuna, pasta, tomatoes	Eton Mess	Meraguines, cream, strawberries Contains Dairy

	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, rapeseed oil, water, tahini, sesame seed paste, concentrated lemon juice, garlic, salt, cherry tomatoes, cucumber Contains gluten	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries
Tuesday	Jacket Potato with baked beans	Potato, butter, baked beans	Yoghurt	Contains dairy
Wednesday	Egg sandwiches with crisps and carrot sticks	Eggs, bread, butter, mayo Contains Gluten	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries
Thursday	Bagel with Turkey & cheese & vegi sticks	Bagel, turkey, cheese, cucumber, carrots tomatoes, butter Contains Dairy	Yoghurt	Contains dairy
Friday	Cous cous salad.	Cous cous, cucumber, onion, peppers, mixed beans, tomatoes, vegetable stock, mushrooms.	Fruit	Banana, Apple, Pear, Orange, grapes, blueberries