



The Children's Kitchen

At

The Grove Primary School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEKS BEGINNING</u>	(GF, DF) CHILLI CON CARNE (BEEF) AND RICE	(DF) LOCAL PORK SAUSAGE, MASHED POTATO, BROCCOLI AND OPTIONAL ONION GRAVY**	HOMEMADE WHOLE-WHEAT PEPPERONI PIZZA SERVED WITH POTATO WEDGES AND SALAD**	(GF) BACON, CHEESE, VEGETABLE AND POTATO LAYER BAKE	(DF) FISH AND CHIPS WITH PEAS**
9 TH JANUARY					
30 TH JANUARY	(V) MACARONI CHEESE SERVED WITH CARROTS AND SWEETCORN**	(V, DF) QUORN SAUSAGES SERVED WITH MASH POTATO AND VEGETABLES	(V, GF, DF) VEGGIE BEAN CURRY AND RICE	(V) JACKET POTATO WITH (GF) BAKED BEANS, CHEESE OR TUNA MAYONNAISE	(V) CHEESE AND TOMATO PUFF WITH CHIPS AND PEAS
27 TH FEBRUARY					
20 TH MARCH	NATURAL YOGURT AND HONEY	FRUIT FLAPJACK	STEWED FRUIT AND ICE CREAM	CAKE OF THE DAY	CHOCOLATE KRISPY
<u>WEEKS BEGINNING</u>	(GF, DF) MILD LAMB AND VEGETABLE KORMA WITH BASMATI RICE	(GF, DF) CHICKEN, SWEETCORN AND RICE NOODLE SOUP WITH PRAWN CRACKERS	(GF) ROAST GAMMON, ROAST POTATOES AND VEGETABLES	BEEF AND VEGETABLE PIE WITH MASH AND SEASONAL VEGETABLES	(DF) FISH FINGERS AND CHIPS WITH PEAS**
16 TH JANUARY					
6 TH FEBRUARY	(V) QUORN SAUSAGE ROLL SERVED WITH A ROAST VEGETABLE SALAD	PESTO PASTA WITH SWEETCORN AND BROCCOLI	(V, DF) SPICY BEAN BURGER WITH ROAST POTATOES AND VEGETABLES	(V,GF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	(V) CHEESE AND TOMATO PIZZA WRAP WITH CHIPS AND PEAS
6 TH MARCH		TUNA AND SWEETCORN PASTA BAKE			
27 TH MARCH	BANANA CAKE	JELLY	FRUIT CRUMBLE AND CUSTARD	CAKE OF THE DAY	APPLE SHORTBREAD
<u>WEEKS BEGINNING</u>	(DF) SPAGHETTI BOLOGNAISE **	(DF) HOMEMADE BEEF BURGERS IN A BUN WITH LETTUCE AND TOMATO SLICES SERVED WITH POTATO WEDGES AND VEGETABLES**	(GF, DF) BEEF AND VEGETABLE STEW	(DF GF) CRISPY TUNA AND CHEESE NUGGETS	(DF) FISH AND CHIPS WITH PEAS**
23 RD JANUARY					
20 TH FEBRUARY	(V) CHEESY RATATOUILLE SERVED WITH GARLIC BREAD**	(V, DF) QUORN MINCE AND VEGETABLE COTTAGE PIE	(V) CHEESE AND TOMATO PIZZA WITH SALAD**	(V, GF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	(V) CHEESE AND TOMATO PUFF WITH CHIPS AND PEAS
13 TH MARCH					
	FRUIT OATY CRUMBLE	CHEESE CAKE	FRUITY STICKY TOFFEE PUDDING	FRUIT FLAPJACKS	APPLE MUFFINS

** - Gluten free option available on request

- ALL FISH USED IS MSC CERTIFIED SUSTAINABLE. ALL OUR MEAT IS FROM LOCAL FARMS AND IS FARM ASSURED AS A WELFARE MINIMUM
- WE ATTEMPT TO USE AS MUCH ORGANIC (A MINIMUM OF 5%), FAIR TRADE AND LOCAL INGREDIENTS AS POSSIBLE
- ALONGSIDE THE MENU A VARIED SALAD BAR, YOGURT, FRESH FRUIT, WATER AND MILK IS AVAILABLE EVERY DAY

THERE MAY BE SLIGHT CHANGES TO THE MENU DUE TO CIRCUMSTANCES OUT OF OUR CONTROL; IN THESE CASES A SUITABLE SUBSTITUTE WILL BE FOUND.

