



# The Children's Kitchen

At

The Grove Primary School



## Weeks beginning 3rd and 24th September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	(DF) BOLOGNAISE SAUCE AND PASTA*	(GF, DF) CHICKEN KORMA CURRY	(DF) SAUSAGE AND MASHED POTATO *	(V, DF) TOMATO SOUP WITH GARLIC BREAD*	(DF) FISH FINGERS AND CHIPS*
VEGETARIAN OPTION	(DF) QUORN BOLOGNAISE AND SPAGHETTI (contains egg and wheat)	CHEESE AND TOMATO PIZZA*	(DF, GF) VEGETABLE CURRY AND RICE	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF
VEGETABLES	BEANS AND BROCCOLI SEASONAL SALAD/CRUDITÉS SELECTION	SWEETCORN AND CARROTS	MIXED VEGETABLES SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
PUDDING OPTION	NATURAL YOGURT AND HONEY	SEASONAL FRUIT SALAD AND COCOA CUSTARD	APPLE CAKE (CONTAINS EGG)	BANOFFEE CHEESECAKE	WATERMELON
FRUIT	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION

## Weeks beginning 10<sup>th</sup> September and 1<sup>st</sup> October

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	CHICKEN AND CHICKPEA TIKKA WITH PITTA BREAD, TZATZIKI AND SALAD * **	(DF) PASTA AND HOMEMADE PESTO SAUCE*	(DF, GF) CHILLI CON CARNE AND NACHOS	SMOKED SALMON AND CREAM CHEESE WRAP WITH A COUS COUS SALAD	(DF) FISH AND CHIPS * WITH PEAS
VEGETARIAN OPTION	MACARONI CHEESE	(DF, GF) SWEET POTATO AND CHICKPEA CURRY	QUORN SAUSAGE ROLLS AND POTATO WEDGES	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	PESTO AND FETA PUFF
VEGETABLES	SWEETCORN AND BROCCOLI SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL VEGETABLES SEASONAL SALAD/CRUDITÉS SELECTION	CARROTS AND BEANS SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
PUDDING OPTION	NATURAL YOGURT AND HONEY	STEWED FRUIT AND CUSTARD	CARROT CAKE (CONTAINS EGG)	ANGEL DELIGHT	CHOCOLATE KRISPY
FRUIT	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION



# The Children's Kitchen



## The Grove Primary School

Weeks beginning 17<sup>th</sup> September and 8<sup>th</sup> October

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	HOMEMADE HAM AND CHEESE PIZZA*	(DF,GF)TURKEY TIKKA AND RICE	SAUSAGE ROLL WITH BAKED BEANS AND POTATO	CHICKEN SOUP	(DF) FISH FINGERS AND CHIPS *
<b>VEGETARIAN OPTION</b>	(DF, GF) VEGETABLE CHILLI AND RICE	(DF) QUORN SAUSAGE AND POTATO WEDGES	PASTA WITH HOMEMADE PESTO SAUCE * **	(DF,GF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	(DF) CHEESE AND TOMATO PUFF
<b>VEGETABLES</b>	BROCCOLI AND BROAD BEANS SEASONAL SALAD/CRUDITÉS SELECTION	SWEETCORN AND CARROTS SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
<b>PUDDING OPTION</b>	NATURAL YOGURT AND HONEY	FRUIT CRUMBLE	BEETROOT AND COCOA CAKE (CONTAINS EGG)	FRUIT FLAPJACK	WATERMELON
<b>FRUIT</b>	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION

\* Gluten free option available on request

\*\* Dairy 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
- The vegetables may vary due to seasonal availability

There may be slight changes to the menu due to circumstances out of our control; in these cases, a suitable substitute will be found.