



# The Children's Kitchen

At

The Grove Primary School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>  WEEKS BEGINNING  5 <sup>TH</sup> SEPTEMBER  26 <sup>TH</sup> SEPTEMBER  17 <sup>TH</sup> OCTOBER	(GF, DF) CHILLI CON CARNE AND RICE  TANDOORI SALMON WITH RICE AND VEG  (V) HOMEMADE PESTO PASTA WITH BROCCOLI AND BEANS **  STEWED SEASONAL FRUIT AND CUSTARD	(DF,) LOCAL PORK SAUSAGE, MASHED POTATO, BROAD BEANS AND CARROTS **  (V, GF,) CHEESE AND BROCCOLI TORTILLA  NATURAL YOGURT, AND HONEY WITH FRESH FRUIT	(GF,DF)TURKEY MEATBALLS IN A TOMATO AND VEG SAUCE WITH PASTA  (V,GF)SWEET POTATO, VEG AND BUTTERBEAN CURRY  CHOCOLATE BEETROOT BROWNIE	(GF, DF) CHICKEN NOODLE SOUP WITH PRAWN CRACKERS  (V) JACKET POTATO WITH (GF) BAKED BEANS, CHEESE OR TUNA MAYONNAISE  OATY FRUIT CRUNCH	FISH AND CHIPS AND PEAS**  (V) CHEESE AND TOMATO PUFF WITH CHIPS AND PEAS  WATERMELON
<b>WEEK 2</b>  WEEKS BEGINNING  12 <sup>TH</sup> SEPTEMBER  3 <sup>TH</sup> OCTOBER	(GF& DF) MILD LAMB AND VEGETABLE KORMA WITH BASMATI RICE  (DF)SALMON AND TOMATO PASTA**  (V) MACARONI CHEESE  BAKED APPLES WITH NATURAL YOGURT AND HONEY	(GF)BEEF LASAGNE SERVED WITH A GREEN SALAD AND GARLIC BREAD  (V, DF) SWEET AND SOUR VEGETABLES AND RICE  OATY FRUIT CRUMBLE	(DF) ROAST PORK, ROAST POTATOES, VEGETABLES AND OPTIONAL GRAVY  (V, DF) QUORN ROAST, ROAST POTATOES, VEGETABLES AND OPTIONAL GRAVY  CHOCOLATE KRISPIES	CHICKEN PIE WITH MASH AND SEASONAL VEGETABLES  (V,GF)) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE  APPLE AND BANANA CAKE	(DF) FISH FINGERS AND CHIPS WITH PEAS**  (V) QUORN SAUSAGE WITH CHIPS AND PEAS**  WATERMELON
<b>WEEK 3</b>  WEEKS BEGINNING  19 <sup>TH</sup> SEPTEMBER  10 <sup>TH</sup> OCTOBER	(DF,) PORK CHOW MEIN  (V,) CHEESE AND TOMATO PIZZA SERVED WITH ROASTED VEGETABLES **  FRESH FRUIT SALAD AND HOT CHOCOLATE SAUCE	(DF)SPAGHETTI BOLOGNAISE **  (V,) ROASTED VEGETABLE LASAGNE  BANOFFEE CHEESECAKE	(DF,GF) ROAST CHICKEN, ROAST POTATOES, VEGETABLES AND OPTIONAL GRAVY  (V) CHEESE AND POTATO PIE, ROAST POTATOES, VEGETABLES AND OPTIONAL GRAVY  FRUIT FLAPJACKS	(DF, GF) lamb and roast vegetable kebab  (V, GF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE  CARROT CAKE	(DF) FISH AND CHIPS WITH PEAS**  (V,DF) SPICY BEAN BURGER WITH CHIPS AND PEAS  WATERMELON

\*\* - 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, FAIR TRADE AND LOCAL INGREDIENTS AS POSSIBLE
- ALONGSIDE THE MENU A VARIED SALAD BAR, YOGURT, FRESH FRUIT, MILK, BREAD AND WATER 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.