



The Children's Kitchen

At

The Grove Primary School



Weeks beginning 22nd April and 13th May (first day back Wednesday 24th April)

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	(DF) CHICKEN FAJITA AND POTATO WEDGES *	(DF) PORK SAUSAGES AND ROAST POTATOES *	(.DF, GF) BEEF CHILLI CON CARNE AND WHOLEGRAIN RICE	SMOKED SALMON AND CREAM CHEESE WRAP WITH COUS COUS AND VEGETABLE SALAD	(DF) FISH FINGERS AND CHIPS*
VEGETARIAN OPTION	(DF) QUORN CHILI AND NACHOS (CONTAINS EGG)	(.DF) VEGETABLE STIR FRY WITH EGG NOODLES (CONTAINS EGG)	PASTA WITH HOMEMADE PESTO SAUCE *	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE PUFF AND CHIPS (CONTAINS EGG)
VEGETABLES	BROCCOLI AND BROAD BEANS SEASONAL SALAD/CRUDITÉS SELECTION	PEAS AND CARROTS	MIXED VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION
PUDDING OPTION	APPLE CAKE (CONTAINS EGG)	FRUIT SALAD	SHORT BREAD	NATURAL YOGURT AND HONEY	CHOCOLATE CRISPY
FRUIT	FRESH FRUIT SELECTION	.FRESH FRUIT SELECTION	FRESH FRUIT SELECTION.	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION

Weeks beginning 29th April and 20th May

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	FISH CAKES AND ROAST POTATO (CONTAINS EGG)	HAM TOMATO AND CHEESE PIZZA	(DF) PASTA WITH MEATBALLS AND TOMATO SAUCE * (CONTAINS PORK)	CHICKEN TIKKA, PITTA BREAD TZATZIKI AND SALAD	(DF) FISH FINGERS AND CHIPS *
VEGETARIAN OPTION	MACARONI CHEESE *	CHEESY BEAN WRAP	(GF, DF) 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	APPLE CAKE	NATURAL YOGURT AND HONEY	FRUIT CRUMBLE	FRUIT FLAPJACK	WATERMELON
FRUIT	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION



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Weeks beginning 6th May

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	MON DAY 6 TH MAY BANK HOLIDAY	SAUSAGE ROLLS WITH HERBY POTATOES	(DF) BEEF STIR FRY	CHICKEN CAESAR SALAD AND COUS COUS	(DF) FISH FINGERS AND CHIPS *
VEGETARIAN OPTION		(GF) FRITTATA AND SALAD	QUORN BOLOGNAISE WITH SPAGHETTI * (CONTAINS EGG)	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF AND CHIPS
VEGETABLES		SEASONAL VEGETABLES SEASONAL SALAD/CRUDITÉS SELECTION	CARROTS AND BEANS SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
PUDDING OPTION		FRUIT AND CHOCOLATE CUSTARD	ANGEL DELIGHT	CARROT CAKE (CONTAINS EGG)	WATERMELON
FRUIT		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.