



# The Children's Kitchen

At

The Grove Primary School



## Weeks beginning 4<sup>th</sup> June and 25<sup>th</sup> June

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	(DF) TURKEY MEATBALLS (CONTAINS EGG) WITH TOMATO AND VEGETABLE SAUCE SERVED WITH COUS COUS *	(DF, GF) ,CHILLI CON CARNE AND RICE*	CHICKEN CAESAR SALAD *	SMOKED SALMON AND CREAM CHEESE WRAP	(DF) FISH FINGERS AND CHIPS *
VEGETARIAN OPTION	(DF, GF)VEGETARIAN CURRY AND RICE	PASTA WITH HOMEMADE PESTO SAUCE*	(V) HOMEMADE CHEESE AND TOMATO PIZZA +	(DF, GF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF AND CHIPS (CONTAINS EGG)
VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	SWEETCORN AND CARROTS SEASONAL SALAD/CRUDITÉS SELECTION	GREEN BEANS	SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
PUDDING OPTION	FRUIT SALAD AND SORBET	NATURAL YOGURT AND HONEY	CARROT CAKE	SHORTBREAD	WATERMELON
ALTERNATIVE	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT
FRUIT	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION

## Weeks beginning 11<sup>th</sup> June and 2<sup>nd</sup> July

	Monday	Tuesday	Wednesday	Thursday	Friday
main meal	(GF, DF) CHICKEN KORMA AND RICE	(DF) PASTA BOLOGNAISE*	(DF) STICKY DRUMSTICKS WITH A COUS COUS AND VEGETABLE SALAD	(DF) TOMATO SOUP AND GARLIC BREAD*	(DF) FISH FINGERS AND CHIPS*
vegetarian option	(DF) MACARONI CHEESE *	(DF, GF) VEGETARIAN CHILLI AND RICE (CONTAINS EGG)	(DF) QUORN SAUSAGE AND POTATO WEDGES (CONTAINS EGG)	(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	BAKED BEANS	SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
pudding option	PEACH MELBA	NATURAL YOGURT AND HONEY	APPLE CAKE	FRUIT FLAPJACK	WATERMELON
alternative	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT
fruit	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION



# The Children's Kitchen



## The Grove Primary School

Week beginning 18<sup>th</sup> June 9<sup>th</sup> July

	Monday	Tuesday	Wednesday	Thursday	Friday
main meal	HOMEMADE PIZZA	(DF) CHICKEN FAJITAS	(DF) SAUSAGE AND MASH*	(DF) HOMEMADE CHICKEN NOODLE SOUP WITH PRAWN CRACKERS	(DF) FISH FINGERS AND CHIPS * WITH PEAS
vegetarian option	(DF) VEGETARIAN SAUSAGE ROLLS (CONTAINS EGG)	PASTA WITH HOMEMADE PESTO SAUCE *	CHEESE AND TOMATO OMELETTE SERVED WITH A COUS COUS AND VEGETABLE SALAD	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF AND CHIPS
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	FRUIT SALAD AND ICE CREAM	NATURAL YOGURT AND HONEY	FRUIT CHEESECAKE	CHOCOLATE KRISPY	WATERMELON
alternative	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT
fruit	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

There is also the choice of a jacket potato 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.