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The Children's Kitchen

At

The Grove Primary School



Weeks beginning 6th and 27th November

	Monday	Tuesday	Wednesday	Thursday	Friday
main meal	(DF) SPAGHETTI BOLOGNAISE *	HOMEMADE CHEESE TOMATO AND PEPPERONI PIZZA *	(DF, GF) ROAST CHICKEN WITH MASHED POTATO VEGETABLES AND GRAVY	(DF) HOMEMADE TOMATO SOUP AND WHOLEMEAL ROLL *	(DF) COD FILLET FISH FINGERS AND CHIPS*
vegetarian option	(DF, GF) VEGETABLE CHILLI AND RICE	(DF) QUORN SAUSAGE AND MASHED POTATO	PASTA WITH HOMEMADE PESTO SAUCE *	(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	FRUIT CRUMBLE	FRUIT FLAPJACK	CHOCOLATE KRISPY
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 13th November and 4th December

	Monday	Tuesday	Wednesday	Thursday	Friday
main meal	(DF) HOMEMADE TURKEY MEATBALLS IN A TOMATO SAUCE AND PASTA *	(GF, DF) BEEF CASSEROLE AND DUMPLINGS	SAUSAGE PLAIT WITH BOILED POTATOES	(DF) HOMEMADE CHICKEN AND RICE NOODLE SOUP WITH GARLIC BREAD	(DF) FISH AND CHIPS *
vegetarian option	(GF) VEGETABLE KORMA CURRY AND RICE	QUORN SAUSAGE ROLLS	(GF) SPANISH OMELETTE	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	PESTO AND FETA PUFF AND CHIPS
vegetables	SWEETCORN AND BROCCOLI SEASONAL SALAD/CRUDITÉS SELECTION	MIXED SEASONAL VEGETABLES SEASONAL SALAD/CRUDITÉS SELECTION	CARROTS AND PEAS 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	ANGEL DELIGHT	CHOCOLATE CAKE
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 20th November

#	Monday	Tuesday	Wednesday	Thursday	Friday
main meal	(DF, GF) CHILLI CON CARNE AND NACHOS	(DF, GF) CHICKEN KORMA AND RICE	(DF) SAUSAGE AND MASH	TUNA PASTA BAKE	(DF) FISH FINGERS AND CHIPS *
vegetarian option	MACARONI CHEESE	HOMEMADE WHOLEMEAL CHEESE AND TOMATO PIZZA	(GF, DF) SWEET POTATO AND VEGETABLE CURRY	(DF, GF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF AND CHIPS
vegetables	BROCCOLI AND BROAD BEANS SEASONAL SALAD/CRUDITÉS SELECTION	SWEETCORN AND CARROTS SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
pudding option	HOMEMADE SHORTBREAD	NATURAL YOGURT AND HONEY	APPLE CAKE	FRUIT CHEESECAKE	CHOCOLATE KRISPIES
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

- 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.