



The Children's Kitchen

At

The Grove Primary School



Weeks beginning 4th Sept, 25th Sept & 16th October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	(DF) SPAGHETTI BOLOGNAISE *	(GF, DF) CHICKEN KORMA CURRY	(DF) SAUSAGES AND MASH *	FISH PIE WITH SWEET POTATO TOPPING	(DF) COD FILLET FISH FINGERS AND CHIPS*
VEGETARIAN OPTION	(DF) QUORN SAUSAGE AND MASH	CHEESE AND TOMATO PIZZA WRAP	(DF) SPICY BEAN BURGER WITH POTATO WEDGES	(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	BANOFFEE CHEESECAKE	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 11th September 2nd October

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	(DF, GF) CHILLI CON CARNE	(DF) PENNE PASTA WITH A TOMATO VEGETABLE AND BACON SAUCE *	(DF, GF) ROAST PORK WITH ROAST POTATOES, GRAVY AND OPTIONAL STUFFING	TUNA PASTA BAKE	(DF) BATTERED POLLOCK FILLET AND CHIPS *
VEGETARIAN OPTION	MACARONI CHEESE	(DF, GF) VEGETABLE CURRY	QUORN ROAST WITH ROAST POTATOES, GRAVY AND OPTIONAL STUFFING	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	PESTO AND FETA WHEEL
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	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

Weeks beginning 18th September and 9th October

	Monday	Tuesday	Wednesday	Thursday	Friday
main meal	(DF, GF) COTTAGE PIE	(DF, GF) TURKEY TIKKA AND RICE	(DF, GF) STICKY CHICKEN DRUMSTICKS WITH VEGETABLE RICE	FISH CAKE, POTATO WEDGES AND MIXED VEGETABLES	(DF) FISH FINGERS AND CHIPS *
vegetarian option	(DF, GF) VEGETABLE CHILLI AND RICE	PESTO PASTA	(DF) QUORN BOLOGNAISE AND COUS COUS	(DF, GF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	(DF) QUORN SAUSAGE AND CHIPS
vegetables	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
pudding option	NATURAL YOGURT AND HONEY	FRUIT CRUMBLE	BEETROOT AND COCOA 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

* 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.