



# The Children's Kitchen

At

The Grove Primary School



## Weeks beginning 19<sup>th</sup> February and 12<sup>th</sup> March

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	(DF,GF) CHILLI CON CARNE AND NACHOS	(DF,GF) ,CHICKEN KORMA AND RICE	SAUSAGE PLAIT WITH HERBY ROAST POTATOES (CONTAINS EGG)	SALMON AND SPRING VEGETABLE PASTA BAKE	(DF) FISH FINGERS AND CHIPS *
VEGETARIAN OPTION	MACARONI CHEESE	HOMEMADE WHOLEMEAL CHEESE AND TOMATO PIZZA	(DF,,GF) SWEET POTATO AND VEGETABLE CURRY	(DF,GF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF AND CHIPS (CONTAINS EGG)
VEGETABLES	BROCCOLI AND BROAD BEANS SEASONAL SALAD/CRUDITÉS SELECTION	SWEETCORN AND CARROTS SEASONAL SALAD/CRUDITÉS SELECTION	GREEN BEANS	SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
PUDDING OPTION	HOMEMADE SHORTBREAD	NATURAL YOGURT AND HONEY	APPLE CAKE (CONTAINS EGG)	FRUIT CHEESECAKE (CONTAINS EGG)	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 26<sup>th</sup> February and 19<sup>th</sup> March

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	LAMB AND VEGETABLE CURRY WITH WHOLEGRAIN RICE	(GF,DF) CHILLI CON CARNE AND NACHOS	(GF,DF) ROAST CHICKEN WITH ROAST POTATOES	FISH CAKE AND HERBY POTATOES (CONTAINS EGG)	(DF) FISH AND CHIPS*
VEGETARIAN OPTION	PASTA WITH HOMEMADE PESTO SAUCE*	(GF) THAI VEGETABLE CURRY	(DF) QUORN ROAST WITH ROAST POTATOES	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	PESTO AND FETA WRAP
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 CHOCOLATE CUSTARD	FRUIT FLAPJACK	FRUIT CRUMBLE	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



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Week beginning 5<sup>th</sup> March (there will be an alternative menu for the week beginning the 26<sup>th</sup> March as this is the last week of term)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	(GF, DF) CHICKEN KORMA WITH BASMATI RICE	(DF) LOCAL PORK SAUSAGES AND MASHED POTATO *	(DF) SPAGHETTI BOLOGNAISE *	HOMEMADE TOMATO SOUP AND CHEESE GARLIC BREAD	(DF) FISH AND CHIPS * WITH PEAS
<b>VEGETARIAN OPTION</b>	VEGETARIAN SAUSAGE ROLLS (CONTAINS EGG)	(DF, GF) QUORN CHILLI AND NACHOS (CONTAINS EGG)	CHEESY RATATOUILLE WITH GARLIC BREAD *	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF AND CHIPS
<b>VEGETABLES</b>	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
<b>PUDDING OPTION</b>	NATURAL YOGURT AND HONEY	FRUIT SALAD AND ICE CREAM	ANGEL DELIGHT	CARROT CAKE (CONTAINS EGG)	WATERMELON
<b>ALTERNATIVE</b>	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT
<b>FRUIT</b>	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.