



The Children's Kitchen

At

The Grove Primary School



Week beginning 6th January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL		(GF, DF) CHILLI CON CARNE WITH RICE	PORK SAUSAGE ROLLS WITH POTATO WEDGES	(DF) BEEF PIE	FISH FINGERS WITH CHIPS
VEGETARIAN OPTION		PESTO PASTA * **	(GF, DF) VEGETABLE CURRY AND RICE	JACKET POTATO WITH TUNA MAYONNAISE, CHEESE OR BAKED BEANS	CHEESE AND TOMATO PUFF AND CHIPS
VEGETABLES		SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION
PUDDING OPTION		DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
FRUIT		FRESH FRUIT SELECTION	FRESH FRUIT SELECTION.	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION

- Milk is available on request daily
- 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
- examples of dessert of the day are chocolate chip cake, apple cake, shortbread, flapjacks lemon drizzle cake, carrot cake, yogurt, fruit salad, jelly, cheesecake, natural yogurt and honey, or fruit crumble.

There may be slight changes to the menu due to circumstances out of our control; in these cases, a suitable substitute will be found.