



# The Children's Kitchen

At

The Grove Primary School



**Weeks beginning 3<sup>rd</sup> June (first day back Tuesday 4<sup>th</sup> June) and 24<sup>th</sup> June.**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	SAUSAGE ROLL WITH POTATO WEDGES AND BAKED BEANS (CONTAINS PORK AND EGG)	(GF,DF) CHICKEN CURRY AND RICE	(,DF,GF) BEEF CHILLI CON CARNE AND NACHOS	SMOKED SALMON AND CREAM CHEESE WRAP WITH COUS COUS AND VEGETABLE SALAD	(DF) FISH FINGERS, CHIPS AND PEAS *
<b>VEGETARIAN OPTION</b>	(DF, GF) VEGETABLE CHILI AND NACHOS	PASTA WITH HOMEMADE PESTO SAUCE *	CHEESY RATATOUILLE WITH GARLIC BREAD *	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE PUFF, CHIPS AND PEAS (CONTAINS EGG)
<b>VEGETABLES</b>	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION
<b>PUDDING</b>	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
<b>FRUIT</b>	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION

**Weeks beginning 10<sup>th</sup> June and 1<sup>st</sup> July**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	FISH CAKES AND ROAST POTATO (CONTAINS EGG)	TOMATO AND CHEESE PIZZA *	(DF) PASTA WITH MEATBALLS AND TOMATO SAUCE * (CONTAINS PORK)	CHICKEN TIKKA, PITTA BREAD TZATSIKI AND SALAD	(DF) FISH FINGERS AND CHIPS *
<b>VEGETARIAN OPTION</b>	MACARONI CHEESE *	(DF)QUORN CHILLI AND NACHOS (CONTAINS EGG)	(GF,DF) VEGETABLE CURRY AND RICE	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF
<b>VEGETABLES</b>	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
<b>PUDDING</b>	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
<b>FRUIT</b>	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 17<sup>th</sup> June and 8<sup>th</sup> July

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	(DF) PORK SAUSAGES AND ROAST POTATOES *	(DF) PASTA WITH BOLOGNAISE SAUCE *	CHICKEN FAJITA WITH COUS COUS AND VEGETABLE SALAD	CHICKEN CAESAR SALAD AND COUS COUS	(DF) FISH FINGERS, CHIPS AND PEAS*
<b>VEGETARIAN OPTION</b>	(,DF) VEGETABLE STIR FRY WITH EGG NOODLES (CONTAINS EGG)	(GF) FRITATA AND SALAD (CONTAINS EGG)	QUORN SAUSAGE ROLLS WITH COUS COUS AND VEGETABLE SALAD	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF, CHIPS AND PEAS
<b>VEGETABLES</b>	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION
<b>PUDDING</b>	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
<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

- A salad bar is available daily
- 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.