



The Children's Kitchen

At

The Grove Primary School



WEEKS BEGINNING 2ND NOVEMBER AND 23RD NOVEMBER

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|--------------------------------------|------------------------------------|---------------------------------------|--|--------------------------|
| MAIN MEAL | (DF, GF) CHICKEN CURRY AND RICE | (GF) COTTAGE PIE * | PORK SAUSAGE ROLLS WITH POTATO WEDGES | (GF, DF) HOMEMADE TOMATO SOUP WITH GARLIC BREAD | FISH FINGERS WITH CHIPS* |
| ALTERNATIVE OPTION | PASTA WITH HOMEMADE PESTO SAUCE * ** | HOMEMADE CHEESE AND TOMATO PIZZA * | (DF, GF) QUORN BOLOGNAISE | (GF) JACKET POTATO WITH BAKED BEANS AND CHEESE** | CHEESE AND TOMATO WHEEL |

WEEK BEGINNING 9TH NOVEMBER AND 30TH NOVEMBER

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|---------------------------------------|---|------------------------------------|--|--------------------------------|
| MAIN MEAL | (DF, GF) CHILLI CON CARNE AND RICE | MACARONI CHEESE * | PORK SAUSAGES AND ROAST POTATOES * | CHICKEN PIE | (DF) FISH FINGERS WITH CHIPS* |
| ALTERNATIVE OPTION | QUORN SAUSAGE ROLL WITH POTATO WEDGES | (DF, GF) LEEK AND POTATO SOUP WITH GARLIC BREAD | (GF, DF) 3 BEAN CHILLI WITH NACHOS | (GF) JACKET POTATO WITH, CHEESE OR BAKED BEANS** | FETA AND PESTO WHEEL AND CHIPS |

WEEK BEGINNING 16TH NOVEMBER

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|------------------------------|---|----------------------------|--|-----------------------------------|
| MAIN MEAL | PASTA WITH BOLOGNAISE SAUCE* | (DF, GF) CHICKEN NOODLE SOUP (Rice noodles) | HOMEMADE PEPPERONI PIZZA * | LASAGNE | (DF) FISH FINGERS WITH CHIPS* |
| ALTERNATIVE OPTION | FISH CAKES WITH POTATOES | CHEESE AND TOMATO QUESADILLA WITH SALAD | (DF, GF) VEGETABLE CURRY | JACKET POTATO WITH CHEESE OR BAKED BEANS | CHEESE AND TOMATO WHEEL AND CHIPS |

* GLUTEN FREE OPTION AVAILABLE ON REQUEST ** DAIRY FREE OPTION AVAILABLE ON REQUEST

EVERY MEAL WILL BE SERVED WITH A SELECTION OF VEGETABLES AND A DESSERT OF THE DAY

-MILK IS AVAILABLE ON REQUEST

-EXAMPLES OF DESERT INCLUDE VARIOUS CAKES OR BISCUITS, FRUIT CRUMBLE AND CUSTARD, JELLY, CHEESECAKE AND FLAPJACK

-THERE MAY BE SLIGHT CHANGES TO THE MENU DUE TO CIRCUMSTANCES OUT OF OUR CONTROL; IN THESE CASES A SUITABLE ALTERNATIVE WILL BE FOUND