



The Children's Kitchen

At

The Grove Primary School



WEEK ONE

weeks beginning 17th April and 8th May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	(GF,DF)CHILLI CON CARNE SERVED WITH WHOLEGRAIN RICE	(GF,DF) CHICKEN VEGETABLE AND RICE NOODLE ,SOUP SERVED WITH PRAWN CRACKERS	(DF) SAUSAGES AND MASH *	(GF,DF)TURKEY AND VEGETABLE KORMA SERVED ON RICE	(DF) COD FILLET FISH FINGERS AND CHIPS*
VEGETARIAN OPPTION	WHOLEMEAL HOMEMADE PIZZA WITH FIVE VEGETABLE TOMATO SAUCE WITH CHEESE*	(GF,DF)VEGETABLE AND BEAN CHILLI WITH NACHOS AND OPTIONAL SOUR CREAM	WHOLEMEAL PENNE PASTA WITH HOMEMADE PESTO SAUCE* **	JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	(DF) QUORN SAUSAGES WITH CHIPS
VEGETABLES	SWEETCORN AND BROCCOLI SEASONAL SALAD/CRUDITÉS SELECTION	GREEN BEANS AND CARROTS	MIXED VEGETABLES SEASONAL SALAD/CRUDITÉS SELECTION	GREEN BEANS AND SALAD SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
PUDDING OPTION	NATURAL YOGURT AND HONEY	CARROT CAKE SEASONAL SALAD/CRUDITÉS SELECTION	ETON MESS	FRUIT CHEESE CAKE	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

WEEK TWO

weeks beginning 24th April and 15th May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	(GF,DF)LAMB TIKKA SERVED WITH RICE, RAITA AND A CUCUMBER SALAD	(DF)CHICKEN FAJITA *	(DF) SPAGHETTI BOLOGNAISE *	(DF) BREADED SALMON FILLETS SERVED WITH COLESLAW AND A TOMATO AND CUCUMBER SALAD	(DF) BATTERED POLLOCK FILLET AND CHIPS *
VEGETARIAN OPPTION	MACARONI CHEESE *	(DF) QUORN SAUSAGES AND MASH WITH BAKED BEANS	(GF,DF) VEGETABLE CURRY	JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF
VEGETABLES	SWEETCORN AND BROCCOLI SEASONAL SALAD/CRUDITÉS SELECTION	OVEN ROASTED VEGETABLES SEASONAL SALAD/CRUDITÉS SELECTION	CARROTS AND BEANS SEASONAL SALAD/CRUDITÉS SELECTION	SALAD SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
PUDDING OPTION	NATURAL YOGURT AND HONEY	FLAPJACKS	PEACH MELBA	ORANGE AND CHOC CHIP COOKIES WITH ORANGE WEDGES	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



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WEEK THREE

Weeks beginning 1st May and 22nd May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	(DF) SAUSAGES IN TOMATO AND VEGETABLE SAUCE WITH COUS COUS	(DF) TURKEY MEATBALLS IN A FIVE VEGETABLE TOMATO SAUCE AND SPAGHETTI *	PEPERONI PIZZA *	CHICKEN CAESAR SALAD SERVED WITH GARLIC BANQUETTE	(DF) FISH FINGERS AND CHIPS *
VEGETARIAN OPTION	WHOLEMEAL PASTA WITH TOMATO AND VEGETABLE SAUCE *	(GF) FRITTATA AND SALAD	(DF) VEGETABLE BURGER WITH POTATOE WEDGES	JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF
VEGETABLES	BROCCOLI AND SWEETCORN SEASONAL SALAD/CRUDITÉS SELECTION	SALAD AND GREEN BEANS SEASONAL SALAD/CRUDITÉS SELECTION	COLESLAW AND MIXED VEG SALAD SEASONAL SALAD/CRUDITÉS SELECTION	SALADS	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
PUDDING OPTION	NATURAL YOGURT AND HONEY	APPLE AND BANANA MUFFIN	CHEESE, AND CRACKERS WITH GRAPES AND CELERY STICKS	CHOCOLATE KRISPIES	WATERMELON
ALTERNATIVE	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT
FRUIT	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRUIT SALAD	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.