



# The Children's Kitchen

At

The Grove Primary School



**Weeks beginning 2<sup>nd</sup> (first day back Tuesday 3<sup>rd</sup> September) 23<sup>rd</sup> September and 14<sup>th</sup> October**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	(DF) CHICKEN AND VEGETABLE STIR FRY WITH NOODLES	(DF) PASTA AND HOMEMADE PESTO SAUCE*	(DF, GF) CHILLI CON CARNE AND NACHOS	SMOKED SALMON AND CREAM CHEESE WRAP WITH A COUS COUS SALAD	(DF) FISH FINGERS AND CHIPS WITH PEAS*
<b>VEGETARIAN OPTION</b>	MACARONI CHEESE *	(DF, GF) VEGETABLE AND CHICKPEA CURRY	QUORN SAUSAGE ROLLS AND POTATO WEDGES (CONTAINS EGG)	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF WITH CHIPS AND PEAS
<b>VEGETABLES</b>	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION
<b>PUDDING OPTION</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 9<sup>th</sup> and 30<sup>th</sup> September**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	(DF) BOLOGNAISE SAUCE AND PASTA*	(GF, DF) CHICKEN KORMA CURRY	(DF) SAUSAGE AND ROAST POTATO *	CHICKEN CAESAR SALAD	(DF) FISH FINGERS AND CHIPS*
<b>VEGETARIAN OPTION</b>	(DF, GF) VEGETABLE CHILLI WITH NACHOS	CHEESE AND TOMATO PIZZA*	(DF) QUORN BOLOGNAISE WITH PASTA (CONTAINS EGG) *	(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 OPTION</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 16<sup>th</sup> September and 7<sup>th</sup> October

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	HOMEMADE HAM AND CHEESE PIZZA*	PASTA WITH HOMEMADE PESTO SAUCE*	SAUSAGE ROLL WITH BAKED BEANS AND POTATO	CHICKEN AND CHICKPEA TIKKA WITH PITTA BREAD, TZATZIKI AND SALAD * **	(DF) FISH FINGERS AND CHIPS *
VEGETARIAN OPTION	(DF) TUNA PASTA BAKE*	(DF) QUORN SAUSAGE WITH POTATO WEDGES	(DF, GF) VEGETABLE THAI GREEN CURRY AND RICE	(DF, GF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	(DF) CHEESE AND TOMATO PUFF
VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION
PUDDING OPTION	DESSERT OF THE DAY	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	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.