



The Children's Kitchen

At

The Grove Primary School



Weeks beginning 28th October and 18th November

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	(DF, GF) CHICKEN CURRY AND RICE	PORK SAUSAGE ROLLS WITH BAKED BEANS AND POTATO WEDGES	(DF) PORK MEATBALLS WITH PASTA *	CHICKEN AND VEGETABLE PIE	(DF) FISH FINGERS AND CHIPS WITH PEAS*
VEGETARIAN OPTION	PESTO PASTA * **	(DF, GF) VEGETABLE THAI GREEN CURRY WITH RICE	(GF, DF) HOMEMADE TOMATO SOUP (WITH GARLIC BREAD*)	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF WITH CHIPS AND PEAS
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

Weeks beginning 4th November and 25th November

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	FISH CAKES WITH BAKED BEANS AND POTATOES	(DF, GF) BEEF CHILLI CON CARNE WITH NACHOS	BEEF LASAGNE	(DF,GF) CHICKEN NOODLE SOUP	(DF) FISH FINGERS AND CHIPS*
VEGETARIAN OPTION	MACARONI CHEESE *	(DF, GF) VEGETABLE CURRY AND RICE	HOMEMADE CHEESE AND TOMATO PIZZA*	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF
VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	PEAS 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



The Children's Kitchen

The Grove Primary School

Weeks beginning 11th November and 2nd December

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	(DF) BEEF BOLOGNAISE AND PASTA*	CHICKEN FAJITA* **	PORK SAUSAGES WITH ROAST POTATOES*	BEEF PIE	(DF) FISH FINGERS AND CHIPS *
VEGETARIAN OPTION	QUORN SAUSAGES AND POTATO WEDGES	CHEESE AND TOMATO PASTA BAKE*	(DF, GF) VEGETABLE CHILLI AND NACHOS	(DF, GF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	FETA AND PESTO 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.