



# The Children's Kitchen

At

The Grove Primary School



## Weeks beginning 13<sup>th</sup> January and 3<sup>rd</sup> February

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	(DF, GF) VEGETABLE CURRY AND RICE	(DF) PASTA WITH BEEF BOLOGNAISE SAUCE *	(DF) PORK SAUSAGE WITH ROAST POTATOES *	(GF, DF) CHICKEN NOODLE SOUP	(DF) FISH FINGERS AND CHIPS WITH PEAS*
ALTERNATIVE OPTION	MACARONI CHEESE *	CHEESE AND TOMATO PIZZA *	(DF, GF) VEGETABLE THAI CURRY	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF WITH CHIPS AND PEAS
	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION
	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
	FRESH FRUIT SELECTION	.FRESH FRUIT SELECTION	FRESH FRUIT SELECTION.	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION

## Weeks beginning 20<sup>th</sup> January and 10<sup>th</sup> February

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	(GF, DF) BEEF CHILLI CON CARNE AND RICE	(GF, DF) CHICKEN CURRY WITH RICE	BEEF LASAGNE	CHICKEN PIE AND VEGETABLES	(DF) FISH FINGERS AND CHIPS*
ALTERNATIVE OPTION	HOMEMADE TOMATO SOUP AND CHEESY GARLIC BREAD * **	PASTA WITH HOMEMADE PESTO SAUCE*	QUORN SAUSAGE ROLLS WITH POTATO WEDGES (GLUTEN AND DAIRY FREE OPTION AVAILABLE)	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF
	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	PEAS SEASONAL SALAD/CRUDITÉS SELECTION
	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION



# The Children's Kitchen



The Grove Primary School

Week beginning 27<sup>th</sup> January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	(DF) PASTA WITH A BEEF BOLOGNAISE SAUCE*	PORK SAUSAGE ROLL	MACARONI CHEESE	(GF) COTTAGE PIE AND VEGETABLES	(DF) FISH FINGERS AND CHIPS *
ALTERNATIVE OPTION	(DF) VEGETABLE STIR FRY WITH EGG NOODLES CONTAINS EGG	(GF, DF) THREE BEAN CHILLI AND NACHOS	SPICY BEAN BURGER WITH POTATO WEDGES	(DF, GF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	(DF) CHEESE AND TOMATO PUFF
	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION
	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
	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 available.