



# The Children's Kitchen

At

The Grove Primary School



WEEKS BEGINNING 7<sup>TH</sup> AND 28<sup>TH</sup> SEPTEMBER AND 19<sup>TH</sup> OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	(DF, GF) BEEF CHILLI CON CARNE WITH NACHOS *	(DF) TUNA PASTA BAKE *	PORK SAUSAGE ROLLS WITH POTATO WEDGES	(GF) CHICKEN TIKKA WITH RICE	(DF) FISH FINGERS WITH CHIPS*
ALTERNATIVE OPTION	PASTA WITH HOMEMADE PESTO SAUCE * **	HOMEMADE CHEESE AND TOMATO PIZZA *	(DF, GF) VEGETABLE CURRY AND RICE	(GF) JACKET POTATO WITH BAKED BEANS AND CHEESE**	CHEESE AND TOMATO WHEEL

WEEK BEGINNING 14<sup>TH</sup> SEPTEMBER AND 5<sup>TH</sup> OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	(DF) BEEF BOLOGNAISE WITH PASTA*	(DF, GF) CHICKEN CURRY AND WHOLEGRAIN RICE	MACARONI CHEESE	CREAM CHEESE AND SMOKED SALMON WRAPS WITH COUS COUS SALAD	(DF) FISH FINGERS WITH CHIPS*
ALTERNATIVE OPTION	QUORN SAUSAGE ROLL WITH POTATO WEDGES	SPICY BEAN BURGER WITH HERBY DICED POTATOES	(DF, GF) 3 BEAN CHILLI WITH NACHOS	(GF) JACKET POTATO WITH, CHEESE OR BAKED BEANS**	FETA AND PESTO WHEEL AND CHIPS

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

WEEKS BEGINNING 21<sup>ST</sup> SEPTEMBER AND 12<sup>TH</sup> OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PASTA WITH HOMEMADE PESTO SAUCE*	(DF) HOMEMADE PORK BALLS IN A TOMATO AND VEGETABLE SAUCE WITH COUS COUS *	(DF) QUORN BOLOGNAISE AND PASTA *	CHICKEN CEASER SALAD WITH GARLIC BREAD	FISH FINGERS WITH CHIPS
ALTERNATIVE OPTION	FISH CAKES WITH POTATOES	VEGETABLE STIR FRY WITH EGG NOODLES (CONTAINS EGG)	CHEESY RATATOUILLE WITH GARLIC BREAD	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  
Jacket Potato is also available every day

- Milk is available on request daily
- Examples of dessert of the day are chocolate chip cake, apple cake, shortbread, flapjacks lemon drizzle cake, carrot cake, cheesecake
- There may be slight changes to the menu due to circumstances out of our control; in these cases, a suitable substitute will be found.