



# The Children's Kitchen

At

## The Grove Primary School



### WEEKS BEGINNING 26<sup>TH</sup> SEPTEMBER AND 17<sup>TH</sup> OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	(DF) SAUSAGE, TOMATO AND BASIL PASTA BAKE *	(DF, GF) CHICKEN CURRY AND RICE *	FISH CAKES WITH HERBY DICED POTATOES (contains egg)	(V) MACARONI CHEESE*	FISH FINGERS WITH CHIPS*
<b>ALTERNATIVE OPTION</b>	(V) VEGETABLE FAJITA	(V) PASTA WITH HOMEMADE PESTO SAUCE * **	(V, GF, DF) HOMEMADE TOMATO SOUP WITH GARLIC BREAD* **	(V, DF, GF) 3 BEAN CHILLI WITH NACHOS	CHEESE AND TOMATO PUFF AND CHIPS (contains egg)

### WEEK BEGINNING 3<sup>RD</sup> OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	(DF) CHICKEN FAJITA	(DF, GF) BEEF CHILLI CON CARNE WITH NACHOS	PORK SAUSAGE ROLLS BAKED BEANS AND POTATO WEDGES (contains egg)	(V) CHEESE AND TOMATO BAGUETTE PIZZA	FISH FINGERS WITH CHIPS*
<b>ALTERNATIVE OPTION</b>	(V) PASTA WITH HOMEMADE PESTO SAUCE* **	(V) MACARONI CHEESE*	(V, GF, DF) VEGETABLE CURRY AND RICE	(V, GF, DF) VEGETABLE STIR FRY AND RICE (contains soya)	CHEESE AND TOMATO PUFF AND CHIPS (contains egg)

### WEEK BEGINNING 10<sup>TH</sup> OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	(GF) BEEF COTTAGE PIE (Contains milk)	(GF) CHICKEN TIKKA TZATSIKI AND RICE*	(DF) PASTA WITH BEEF BOLOGNAISE SAUCE **	(DF) PORK MEATBALLS IN A TOMATO SAUCE WITH COUS COUS **	FISH FINGERS WITH CHIPS*
<b>ALTERNATIVE OPTION</b>	(V) PASTA WITH HOMEMADE PESTO SAUCE** *	(V) QUORN SAUSAGE ROLLS (contains egg)	(V) MARGHERITA PIZZA WRAP	(V) MACARONI CHEESE **	PESTO AND FETA PUFF AND CHIPS (contains egg)

**JACKET POTATOES WITH CHEESE, BEANS OR TUNA ARE ALSO AVAILABLE EVERY DAY**

\* 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**

Milk is available on request daily. Examples of dessert of the day are sponge cake, fruit salad, ice cream, natural yoghurt and honey, fruit crumble or 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.