



The Children's Kitchen

At

The Grove Primary School



Weeks beginning 14th January and 4th February

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|--|--|---|---|---|
| Main meal | HOMEMADE BEEF LASAGNE (GLUTEN FREE AND DAIRY FREE OPTION AVAILABLE ON REQUEST) | FISH CAKES AND ROAST POTATO WEDGES (CONTAINS EGG) | (DF) BEEF PIE | HOMEMADE TOMATO SOUP WITH CHEESY GARLIC BREAD | (DF) FISH FINGERS AND CHIPS * |
| Vegetarian option | QUORN SAUSAGE ROLLS WITH BAKED BEANS AND POTATO WEDGES (CONTAINS EGG) | HOMEMADE WHOLE-WHEAT CHEESE AND TOMATO PIZZA * ** | (GF, DF) VEGETABLE CHILLI AND NACHOS | (GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE | CHEESE AND TOMATO PUFF |
| Vegetables | BEANS AND BROCCOLI SEASONAL SALAD/CRUDITÉS SELECTION | SWEETCORN AND CARROTS | MIXED VEGETABLES SEASONAL SALAD/CRUDITÉS SELECTION | SEASONAL SALAD/CRUDITÉS SELECTION | PEAS SEASONAL SALAD/CRUDITÉS SELECTION |
| Pudding option | APPLE CAKE | NATURAL YOGURT AND HONEY | FRUIT CRUMBLE | FRUIT FLAPJACK | CHOCOLATE KRISPY |
| Fruit | FRESH FRUIT SELECTION | FRESH FRUIT SELECTION | FRESH FRUIT SELECTION | FRESH FRUIT SELECTION | FRESH FRUIT SELECTION |

Weeks beginning 21st January and 11th February

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|--|---|---|---|
| Main meal | (DF) PASTA BOLOGNAISE * | (DF, GF) CHICKEN CURRY WITH WHOLEMEAL RICE | SAUSAGE ROLL WITH BAKED BEANS AND POTATOES (CONTAINS EGG) | (DF) HOMEMADE LEEK AND POTATO SOUP WITH GARLIC BREAD* | (DF) FISH FINGERS AND CHIPS * |
| Vegetarian option | (DF, GF) VEGETABLE AND BEAN CURRY | MACARONNI CHEESE | CHEESY RATATOUILLE WITH GARLIC BREADS * ** | (GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE | CHEESE AND TOMATO PUFF AND CHIPS |
| Vegetables | SWEETCORN AND BROCCOLI SEASONAL SALAD/CRUDITÉS SELECTION | SEASONAL VEGETABLES SEASONAL SALAD/CRUDITÉS SELECTION | CARROTS AND BEANS SEASONAL SALAD/CRUDITÉS SELECTION | SEASONAL SALAD/CRUDITÉS SELECTION | PEAS SEASONAL SALAD/CRUDITÉS SELECTION |
| Pudding option | NATURAL YOGURT AND HONEY | FRUIT AND CHOCOLATE CUSTARD | ANGEL DELIGHT | CARROT CAKE (CONTAINS EGG) | CHOCOLATE KRISPY |
| Fruit | 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 28th January

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---|---------------------------------------|-------------------------------|--|---|
| Main meal | HAM, CHEESE AND TOMATO PIZZA * | (DF, GF) CHILLI CON CARNE AND RICE | SAUSAGE AND ROAST POTATO * | HOMEMADE CHICKEN NOODLE SOUP (CONTAINS EGG) | (DF) FISH FINGERS AND CHIPS* |
| Vegetarian option | (DF) QUORN SAUSAGES WITH MASHED POTATO (CONTAINS EGG) | PASTA WITH HOMEMADE PESTO SAUCE ** | (GF, DF) VEGETABLE THAI CURRY | (GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE | CHEESE PUFF AND CHIPS (CONTAINS EGG) |
| Vegetables | BROCCOLI AND BROAD BEANS SEASONAL SALAD/CRUDITÉS SELECTION | PEAS AND CARROTS | MIXED VEGETABLES | SEASONAL SALAD/CRUDITÉS SELECTION | SEASONAL SALAD/CRUDITÉS SELECTION |
| Pudding option | HOMEMADE SHORTBREAD | LEMON DRIZZLE CAKE (CONTAINS EGG) | PLAIN YOGURT AND HONEY | FRUIT CRUMBLE | CHOCOLATE CRISPY |
| 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

- 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
- The vegetables may vary due to seasonal availability

There may be slight changes to the menu due to circumstances out of our control; in these cases, a suitable substitute will be found.