



# The Children's Kitchen

At

The Grove Primary School



## Weeks beginning 25th February and 18th March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	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*
<b>VEGETARIAN OPTION</b>	(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)
<b>VEGETABLES</b>	BROCCOLI AND BROAD BEANS SEASONAL SALAD/CRUDITÉS SELECTION	PEAS AND CARROTS	MIXED VEGETABLES	SEASONAL SALAD/CRUDITÉS SELECTION	SEASONAL SALAD/CRUDITÉS SELECTION
<b>PUDDING OPTION</b>	HOMEMADE SHORTBREAD	LEMON DRIZZLE CAKE (CONTAINS EGG)	PLAIN YOGURT AND HONEY	FRUIT CRUMBLE	CHOCOLATE CRISPY
<b>FRUIT</b>	FRESH FRUIT SELECTION	(DF,GF) CON CARNE AND RICE	SAUSAGE AND MASHED POTATO **	HOMEMADE CHICKEN NOODLE SOUP (CONTAINS EGG)	(DF) FISH FINGERS AND CHIPS*

## Weeks beginning 4th March and 25th March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	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 *
<b>VEGETARIAN OPTION</b>	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
<b>VEGETABLES</b>	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
<b>PUDDING OPTION</b>	APPLE CAKE	NATURAL YOGURT AND HONEY	FRUIT CRUMBLE	FRUIT FLAPJACK	CHOCOLATE KRISPY
<b>FRUIT</b>	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION

Weeks beginning 11<sup>th</sup> March and 1<sup>st</sup> April

	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) FISHFINGERS AND CHIPS *
VEGETARIAN OPTION	(DF,GF) VEETABLE AND BEAN CURRY	MACARONNI CHEESE	CHEESY RATATOUILLE WITH GARLIC BREAD * **	(GF, DF) JACKET POTATO WITH BAKED BEANS, CHEESE OR TUNA MAYONNAISE	CHEESE AND TOMATO PUFF AND CHIPS
	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



\* 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.