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| **The Grove Menu**  **Autumn 2**  **Week ending 17 September 2021** | **Meat Free Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main Course** | Focaccia Romana based pizza topped with tomato sauce, basil pesto, mozzarella, sweetcorn, pointed red peppers & sun blush tomato | Chicken Sausage  Homemade Creamy Mashed Potato  Yorkshire Pudding  Onion Gravy | Roasted Piri Piri Chicken Thigh  Yellow rice with Kidney beans, chilli & corn | Turkey & Leek Pie  Buttered New Potatoes  Onion Gravy | Battered Pollock  (Sustainably Caught)  Chips  Homemade Tartar Sauce |
| **Vegan Dish** | Jacket Potato  Baked Beans  Cheese  Tuna Mayonnaise  **Vegan if with baked beans & Vegan Cheese** | Lincolnshire style Vegan Sausage  Roasted Sweet Potato with Garlic & Herbs  **Vegan** | Roasted Balsamic Mediterranean Vegetables with Falafel  **Vegan** | Roasted Pumpkin with Sage, Garlic, Chilli & Toasted Seeds  **Vegan** | Stuffed Aubergines  **Vegan** |
| **Vegetables** | Roasted Broccoli with Parmesan | Roasted Carrots  Peas | Corn on the cob | Mixed Vegetables | Baked Beans or Peas |
|  | Fresh Fruit Salad Pots  Whole Fruit  Organic Yogurt  Cheese, Crackers & Raisins  Vegetarian Jelly | Homemade Eve’s Pudding  (Apple Sponge)  Custard  Fresh Fruit Salad Pots  Whole Fruit  Organic Yogurt  Vegetarian Jelly | Homemade Banana Cake with Salted Caramel Sauce &  Custard  Fresh Fruit Salad Pots  Whole Fruit  Organic Yogurt  Vegetarian Jelly | Homemade seasonal fruit crumble  Custard  Fresh fruit salad pots  Whole Fruit  Organic Yogurt  Vegetarian Jelly | Homemade Banoffee Pie  (Biscuit, Caramel, Banana & whipped cream  Fresh fruit salad pots  (red & green grapes, honeydew melon, pineapple & strawberries) \*\*  Whole Fruit  Organic Yogurt |

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| **Allergen list**  **Autumn 2**  **Week ending 17 September 2021** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main course** | **Wheat gluten**  **Milk**  **Sulphates** | **Wheat gluten**  **Soya**  **Sulphates**  **Milk** | **Wheat gluten**  **Milk**  **Egg** | **Wheat gluten**  **Egg**  **Milk**  **Sulphates** | **Wheat gluten**  **Fish: Pollock**  **Tartar sauce: Egg & sulphates** |
| **Vegetarian** | **Fish: Tuna**  **Mayonnaise: Egg**  **Cheese: Milk**  **Vegan cheese: contains none of the listed 14 allergens** | **Wheat gluten**  **Sulphates**  **Soya** | **Sulphates** | **Wheat gluten**  **Sulphates** | **None of the 14 listed allergens** |
| **Vegetables** | **Broccoli: Milk** | **None of the 14 listed allergens** | **None of the 14 listed allergens** | **Corn on the cob: None of the 14 listed allergens** | **None of the 14 listed allergens** |
| **Pudding** | **Yogurt: Milk**  **Cheese: Milk**  **Crackers: Wheat gluten**  **Raisins: contains none of the listed 14 allergens**  **Alpro yogurt: Soya**  **Vegetarian Jelly: Contains none of the 14 listed allergens** | **Wheat gluten**  **Egg**  **Milk**  **Custard: Milk**  **Yogurt: Milk**  **Alpro yogurt: Soya**  **Vegetarian Jelly: Contains none of the 14 listed allergens** | **Wheat gluten**  **Egg**  **Milk**  **Custard: Milk**  **Yogurt: Milk**  **Alpro yogurt: Soya**  **Vegetarian Jelly: Contains none of the 14 listed allergens** | **Wheat gluten**  **Custard: Milk**  **Yogurt: Milk**  **Alpro yogurt: Soya**  **Vegetarian Jelly: Contains none of the 14 listed allergens** | **Wheat gluten**  **Milk**  **Yogurt: Milk**  **Alpro yogurt: Soya**  **Vegetarian Jelly: Contains none of the 14 listed allergens** |