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| **The Grove Menu****Week ending****Autumn Menu 1****Week ending 10 September 2021** | **Meat Free Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main Course** | Macaroni Cheese(Sauce made of blended cauliflower, butternut squash, carrot, Cheddar & Cream cheese)Garlic Bread | Chicken SausageHomemade Creamy Mashed PotatoYorkshire PuddingOnion Gravy | Turkey Tikka Masala(Yogurt, tomato, garlic, chilli, cream, coriander, chickpeas & carrots)Pilau RiceMango ChutneyNaan BreadRaita | Roasted Chicken thigh with Miso, honey, sesame, ginger, lime & tahiniEgg noodles with Edamame beans, sesame, garlic, ginger & Sricacha | Breaded Cod Fish Fingers(Sustainably Caught)ChipsKetchup |
| **Vegetarian** | Jacket PotatoBaked BeansCheeseTuna Mayonnaise **Vegan if with baked beans & Vegan Cheese** | Lincolnshire style Vegan SausageRoasted Sweet Potato with Garlic & Herbs**Vegan** | Spinach, Sweet potato & Lentil DalChapattiLime PickleCoconut Yogurt**Vegan** | Miso & Mirin glazed Aubergine with Rice noodles, Chilli, Wakame sesame seed weed & Coriander**Vegan** | Stuffed and roasted peppers**Vegan** |
| **Vegetables** | Succotash(Roasted red peppers, sweetcorn, peas & onion) | Mixed vegetables | Spicy Roasted Cabbage(Mustard & onion seed, ginger, garlic) | Stir Fried vegetables | Baked Beans or Peas |
| **Pudding** | Vegetarian JellyYogurtWhole FruitFruit PotsCheese & CrackersAlpro Yogurt | Homemade Strawberry Torte with Chantilly CreamVegetarian JellyYogurtWhole FruitFruit PotsCheese & CrackersAlpro Yogurt | Vegetarian JellyYogurtWhole FruitFruit PotsCheese & CrackersAlpro Yogurt | Homemade Mandarin Sponge Cake with Icing & SprinklesCustardVegetarian JellyYogurtWhole FruitFruit PotsCheese & CrackersAlpro Yogurt | Vegetarian JellyYogurtWhole FruitFruit PotsCheese & CrackersAlpro Yogurt |
| **The Grove Allergen list****Autumn Menu 1** | **Monday**  | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main course** | **Wheat gluten****Milk** | **Wheat gluten****Soya****Sulphates****Milk****Egg** | **Milk****Mustard: Mango chutney****Wheat gluten: Naan bread****Milk: Raita** | **Sesame****Sulphates****Egg****Soya** | **Wheat gluten****Fish: Cod****Ketchup: Sulphates** |
| **Vegetarian** | **Wheat Gluten****Sesame** |  **Wheat gluten** **Soya**  | **Wheat gluten****Mustard: Lime pickle** | **Sulphates****Soya** | **None of the 14 listed allergens** |
| **Vegetables** | **None of the 14 listed allergens** | **None of the 14 listed allergens** | **Mustard** | **None of the 14 listed allergens** | **None of the 14 listed allergens** |
| **Pudding** | **Yogurt: Milk****Cheese: Milk****Crackers: Wheat gluten****Alpro yogurt: Soya****Vegetarian jelly: none of the 14 listed allergens** | **Wheat gluten****Egg****Milk (custard)**Fresh Fruit Salad Pots**Yogurt: Milk****Alpro yogurt: Soya****Vegetarian jelly: none of the 14 listed allergens** | **Yogurt: Milk****Cheese: Milk****Crackers: Wheat gluten****Alpro yogurt: Soya****Vegetarian jelly: none of the 14 listed allergens** | **Wheat gluten****Egg****Milk****Yogurt: Milk****Alpro yogurt: Soya****Vegetarian jelly: none of the 14 listed allergens** | **Wheat gluten****Milk****Egg****Yogurt: Milk****Alpro yogurt: Soya****Vegetarian jelly: none of the 14 listed allergens** |