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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 Sausage  Homemade Creamy Mashed Potato  Yorkshire Pudding  Onion Gravy | Turkey Tikka Masala  (Yogurt, tomato, garlic, chilli, cream, coriander, chickpeas & carrots)  Pilau Rice  Mango Chutney  Naan Bread  Raita | Roasted Chicken thigh with Miso, honey, sesame, ginger, lime & tahini  Egg noodles with Edamame beans, sesame, garlic, ginger & Sricacha | Breaded Cod Fish Fingers  (Sustainably Caught)  Chips  Ketchup |
| **Vegetarian** | 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** | Spinach, Sweet potato & Lentil Dal  Chapatti  Lime Pickle  Coconut 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 Jelly  Yogurt  Whole Fruit  Fruit Pots  Cheese & Crackers  Alpro Yogurt | Homemade Strawberry Torte with Chantilly Cream  Vegetarian Jelly  Yogurt  Whole Fruit  Fruit Pots  Cheese & Crackers  Alpro Yogurt | Vegetarian Jelly  Yogurt  Whole Fruit  Fruit Pots  Cheese & Crackers  Alpro Yogurt | Homemade Mandarin Sponge Cake with Icing & Sprinkles  Custard  Vegetarian Jelly  Yogurt  Whole Fruit  Fruit Pots  Cheese & Crackers  Alpro Yogurt | Vegetarian Jelly  Yogurt  Whole Fruit  Fruit Pots  Cheese & Crackers  Alpro 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** |