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| **The Grove****Autumn menu 1** | **Meat Free Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main Course** | Macaroni Cheese(Sauce made of blended cauliflower, 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 RiceChapattiMango ChutneyRaita | Honey, Ginger, Garlic & soy chicken with onions & sesameEgg Noodles with Edamame Beans & Bean shoots | Battered Pollock(Sustainably Caught)ChipsHomemade Tartar Sauce |
| **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 glazed Aubergine with Rice noodles, Chilli, Wakame sesame seed weed & Coriander**Vegan** | Stuffed and roasted peppers**Vegan** |
| **Vegetables** | Roasted squash, peppers, red onion, beetroot & cauliflower with garlic | Mixed vegetables | Spicy Roasted Cabbage(Mustard & onion seed, ginger, garlic) | Stir Fried vegetables | Baked Beans or Peas |
| **Pudding** | Fresh Fruit Salad PotsWhole FruitOrganic YogurtCheese, Crackers & Raisins | Homemade Apple & Cinnamon Torte with CustardFresh Fruit Salad PotsWhole FruitOrganic Yogurt | Homemade Carrot, Pineapple & Coconut Cake with ButtercreamFresh Fruit Salad PotsWhole FruitOrganic Yogurt | Homemade Mandarin Sponge Cake with Icing & SprinklesCustardFresh fruit salad potsWhole FruitOrganic Yogurt | Homemade Roasted Plum, Lemon Thyme & Ginger Crumble with custardFresh fruit salad potsWhole FruitOrganic Yogurt |

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| **Allergen list****Autumn menu 1** | **Monday**  | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main course** | **Macaroni Cheese: Wheat gluten, milk****Garlic bread: Wheat gluten & milk** | **Wheat gluten****Soya****Sulphates****Mashed Potato: Milk****Yorkshire pudding: Milk & Egg** | **Tikka Masala: Milk****Pilau rice: Mustard****Mango chutney: None of the 14 listed allergens****Chapatti: Wheat gluten****Raita: Milk & Sulphates****Mango chutney: None of the 14 listed allergens** | **Chicken: Soya, Sesame****Egg Noodles: Egg, Soya, Sesame** | **Wheat gluten****Fish: Pollock****Tartar sauce: Egg & sulphates** |
| **Vegetarian** | **Wheat Gluten****Sulphates** |  **Vegan sausage: Wheat gluten, soya****Sweet potato:****None of the 14 listed allergens** | **Lentil Dal: Mustard****Chapatti: Wheat gluten****Lime pickle: Mustard** | **Aubergine: Sulphates****Soya, Sesame****Rice Noodles: None of the 14 listed allergens****Seaweed: Wheat gluten, Soya, Sesame** | **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** | **Fruit pots: contain none of the 14 listed allergens****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** | **Torte: Wheat gluten, egg****Custard: Milk****Fruit pots: contains none of the 14 listed allergens****Yogurt: Milk****Alpro yogurt: Soya** | **Carrot cake: Wheat gluten****Egg****Milk****Fruit pots: contains none of the 14 listed allergens****Yogurt: Milk****Alpro yogurt: Soya** | **Mandarin sponge: Wheat gluten, Egg****Custard: Milk****Fruit pots: contains none of the 14 listed allergens****Yogurt: Milk****Alpro yogurt: Soya** | **Crumble: Wheat gluten****Custard: Milk****Fruit pots: contains none of the 14 listed allergens****Yogurt: Milk****Alpro yogurt: Soya** |