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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 Sausage  Homemade Creamy Mashed Potato  Yorkshire Pudding  Onion Gravy | Turkey Tikka Masala  (Yogurt, tomato, garlic, chilli, cream, coriander, chickpeas & carrots)  Pilau Rice  Chapatti  Mango Chutney  Raita | Honey, Ginger, Garlic & soy chicken with onions & sesame  Egg Noodles with Edamame Beans & Bean shoots | Battered Pollock  (Sustainably Caught)  Chips  Homemade Tartar Sauce |
| **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 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 Pots  Whole Fruit  Organic Yogurt  Cheese, Crackers & Raisins | Homemade Apple & Cinnamon Torte with Custard  Fresh Fruit Salad Pots  Whole Fruit  Organic Yogurt | Homemade Carrot, Pineapple & Coconut Cake with Buttercream  Fresh Fruit Salad Pots  Whole Fruit  Organic Yogurt | Homemade Mandarin Sponge Cake with Icing & Sprinkles  Custard  Fresh fruit salad  pots  Whole Fruit  Organic Yogurt | Homemade Roasted Plum, Lemon Thyme & Ginger Crumble with custard  Fresh fruit salad pots  Whole Fruit  Organic 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** |