

# Fresh, local, tasty and great value!

MON	TUES	WED	THURS	FRI
Lamb Stifado Tuna & Sweetcorn Quiche Vegetable Croquettes Theo's Wraps Pasta King Filled Jacket Potatoes	Lasagne Fish Pie Courgette, Herb and Lemon Tagine Theo's Wraps Pasta King Filled Jacket Potatoes	Sweet Chilli Chicken & Rice Cheese & Pepper Loaf Bacon, Mushroom & Pea Spaghetti Theo's Wraps Pasta King Filled Jacket Potatoes	Roast Gammon & Parsley Sauce Cauliflower Cheese Turkey & Apricot Stirfry Theo's Wraps Pasta King Filled Jacket Potatoes	Chicken Tikka & Rice Breaded Cod Vegetable Burger with Spicy Tomato Sauce Theo's Wraps Pasta King Filled Jacket Potatoes
Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls, Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls, Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls, Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls, Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls, Salads and Salad Boxes
Carrot Cake Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Orange Yoghurt Cake and Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Wholemeal Gingerbread with Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Apricot Crumble & Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Chocolate Treacle Cake with Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts
<b>Available Daily:                      Selection Sandwiches and Baguettes, Fresh Fruit, Yoghurts, Milk, Water                      and Flavoured Waters, Fruit Drinks and Flavoured Milk</b>				

Fresh food served throughout the day.

**GROVE CATERING**

Week 2

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN COURSE</b>	Shepherd's pie with Gravy Vegetable and Bean Curry with Basmati Rice Omelette Chicken Burger with pepper and Tomato Sauce Chicken Joe Wraps Pasta King Filled Jacket Potatoes	Spaghetti Bolognese Fish pie Broccoli quiche Cornish Pastie Chicken Joe Wraps Pasta King Filled Jacket Potatoes	Lamb Madras with Pilaff Rice Steak and vegetable pie Tuna and Sweetcorn bake Curry puffs Chicken Joe Wraps Pasta King Filled Jacket Potatoes	Roast pork with apple sauce and gravy Savoury Vegetable and Pasta Bake Baked Bean pasties Chicken Joe Wraps Pasta King Filled Jacket Potatoes	Breaded cod Pork Marengo with Couscous Cheese and potato pie Three bean hot pot Fish fingers Chicken Joe Wraps Pasta King Filled Jacket Potatoes
	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes
<b>DESSERTS</b>	Fruit Dumplings with Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Lemon Meringue Pie Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Pear Sponge with Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Apple Brown Betty with Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Pineapple Up Side Down Pudding with Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts
<b>Available Daily:</b> <b>Selection Sandwiches and Baguettes, Fresh Fruit, Yoghurts, Milk, Water and Flavoured Waters, Fruit Drinks and Flavoured Milk</b>					

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN COURSE</b>	Meatballs in tomato sauce with Spaghetti Moussaka Spicy vegetable Burgers Salmon quiche Cheese pastry Chicken Joe Wraps Pasta King Filled Jacket Potatoes	Chicken Tikka Masala with Rice Spiced lamb with chick-peas and Couscous Tuna and leek fishcakes with Tomato and chilli salsa Chicken Burger Bap Chicken Joe Wraps Pasta King Filled Jacket Potatoes	Beef casserole Fish pie Pasta Marengo Steak pie Chicken nuggets with Pepper and tomato sauce Chicken Joe Wraps Pasta King Filled Jacket Potatoes	Gammon ham with Parsley sauce Vegetable and chickpea curry with Couscous Kheema loaf Cornish Pastie Chicken Joe Wraps Pasta King Filled Jacket Potatoes	Breaded cod Sweet and sour pork with Noddles Cheese and tomato quiche Beef Burger Bap Vegetable Pastie Chicken Joe Wraps Pasta King Filled Jacket Potatoes
	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes
<b>DESSERTS</b>	Bread Pudding with Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Oaty Fruit Crumble Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Apple Pie with Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Chocolate Treacle Sponge and Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Apple and Blackberry Pie with Custard Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts
<b>Available Daily:</b> <b>Selection Sandwiches and Baguettes, Fresh Fruit, Yoghurts, Milk, Water and Flavoured Waters, Fruit Drinks and Flavoured Milk</b>					

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN COURSE</b>					
	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes	Daily Selection of Fresh Vegetables, Potatoes, Assorted Bread Rolls , Salads and Salad Boxes	D	V	A
<b>DESSERTS</b>	Bread Pudding with Custard  Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	Oaty Fruit Crumble  Assorted Cakes and Cookies Fruit Pots, Jellies and Yoghurts	S		
<b>Available Selection Sandwiches and Baguettes, Fresh Fruit, Yoghurts, Milk,</b>					