### AVAILABLE EVERY DAY

• Packed Lunch option Jacket potato and fillings or pasta and sauce • Seasonable vegetables Selection of fresh salad



WEEK ONE MENU

WEEKS COMMENCING: • 16TH APRIL • 7TH MAY

• 4TH JUNE • 25TH JUNE • 16TH JULY

# NUTRITIONAL PACKED

All our menus are nutritionally analysed to ensure they meet and exceed The School Food Plan.

MEAT FREE (C	🔊 Monday	Tuesday	Wednesday	Thursday	Friday	
Freshly Baked Bread	Garlic & herb ciabatta	Home baked wholemeal bread	Herbed focaccia	Rosemary wholemeal bread	Herbed ciabatta	A star
Main Choice 1	Pasta arrabiata	Pork sausage with mashed potatoes	Spanish chicken with roasted pepper rice	Roast turkey & roast potatoes	Battered fish served with oven baked chips & garden peas	A.
Main Choice 2	Cheese & potato pie	Vegetarian sausages with mashed potatoes	Spanish vegetables with roasted pepper rice	Filo vegetable tart and roast potatoes	Macaroni cheese with leeks	
Desserts	Flap jack Sliced fresh fruit, natural yoghurt, cheese & biscuits	<b>Fruit Jelly</b> Sliced fresh fruit, natural yoghurt, cheese & biscuits	<b>Gingerbread</b> cookies Sliced fresh fruit, natural yoghurt, cheese & biscuits	Banoffee pie Sliced fresh fruit, natural yoghurt, cheese & biscuits	Fudge Tart Sliced fresh fruit, natural yoghurt, cheese & biscuits	
92% of our food is made All of our fish is from sustaina	<b>Is to make your lunch</b> from fresh ingredients every day • The ble sources • All of our eggs are free ME OF OUR FOOD MAY CONTAIN ALLEF	meat we serve is Red Tractor, Farm range laid by happy chickens • We b	Assured British accredited • ake our bread daily in your kitchen			



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## WE BUY LOCAL

We use local suppliers because we only use food we can trust which is of a high standard, properly produced, fresh and good value. 1507 B 11 - 11



Men MondayTuesdayWednesdayThursdayFridayFreshly Baked BreadGarlic & herb focacciaHome baked wholemeal breadHome baked ciabattaRosemary wholemeal breadHome baked focacciaMain Choice 1Vegetable quiche with new potatoesJerk chicken with riceBeef lasagne with garlic breadRoasted Norfolk chicken with stuffing & roasted potatoesFish & Chips with garden peasMain Choice 2Quorn bolognese pasta bakeFelafel wrap with vegetable rice and cucumber and cucumber and cucumber and cucumber and cucumber and cucumber and cheese & biscuitsWegetarian lasagne with garlic breadRed onion and feta tart with roast potatoesFlat bread pizza with chips and garden peasDessertsApple crumble steed freat fruit, natural yoghut, cheese & biscuitsShortbread cookie sliced freat fruit, natural yoghut, cheese & biscuitsLemon drizzle cake sliced freat fruit, natural yoghut, cheese & biscuitsIce cream & sauces sliced freat fruit, natural yoghut, cheese & biscuitsIce cream & sauces sliced freat fruit, natural yoghut, cheese & biscuitsIce cream & sauces sliced freat fruit, natural yoghut, cheese & biscuits	Freshly Baked BreadGarlic & herb focacciaHome baked wholemeal breadHome baked ciabattaRosemary wholemeal breadHome baked focacciaMain Choice 1Vegetable quiche with new potatoesJerk chicken with riceBeef lasagne with garlic breadRoasted Norfolk chicken with stuffing & roasted potatoesFish & Chips with garden peasMain Choice 2Quorn bolognese pasta bakeFelafel wrap with vegetable rice and cucumber and mint dipVegetarian lasagne with garlic breadRed onion and feta tart with roast potatoesFlat bread pizza with chips and garden peasDessertsApple crumble served with custard biced fresh fruit, natural yoghut, biced fresh fruit, natu	AVAILABLE EVERY DAY • Packed Lunch option Jacket potato and fillings or pasta and sauce • Seasonable vegetables • Selection of fresh salad		<b>WEEK TWO MEENU</b> WEEKS COMMENCING: • 23RD APRIL • 14TH MAY • 11TH JUNE • 2ND JULY • 23RD JULY		<b>NUTRITIONALLY</b> <b>All our menus are nutritionally</b> analysed to ensure they meet and exceed The School Food Plan.	<b>WE BUTY</b> <b>LOCAL</b> We use local suppliers because we only use food we can trust which is of a high standard, properly produced, fresh and good value.
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Main Choice 1Vegetable ducte with new potatoesJerk chicken with riceBeer hasagne with garlic breadchicken with stuffing & roasted potatoesFish & Chips with garden peasMain Choice 2Quorn bolognese pasta bakeFelafel wrap with vegetable rice and cucumber and mint dipVegetarian lasagne with garlic breadRed onion and feta tart with roast potatoesFlat bread pizza with chips and garden peasDessertsApple crumble served with custard Sliced fresh fruit, natural yoghut, cheese & biscuitsLemon drizzle cake sliced fresh fruit, natural yoghut, cheese & biscuitsMixed fruit cheese & biscuitsIce cream & sauces sliced fresh fruit, natural yoghut, cheese & biscuits	Main Choice 1Vegetable ductie with new potatoesJerk chicken with riceBeef lasaghe with garlic breadchicken with stuffing & roasted potatoesHist & Chips with garden peasMain choice 2Quorn bolognese pasta bakeFelafel wrap with vegetable rice and cucumber and mint dipVegetarian lasagne with garlic breadRed onion and feta tart with roast potatoesFlat bread pizza with chips and garden peasDessertsApple crumble served with custard Sliced fresh fruit, natural yoghurt, cheese & biscuitsShortbread cookie sliced fresh fruit, natural yoghurt, cheese & biscuitsLemon drizzle cake sliced fresh fruit, natural yoghurt, cheese & biscuitsMixed fruit cheese & biscuitsIce cream & sauces sliced fresh fruit, natural yoghurt, cheese & biscuitsOur mission is to make your lunchtime meal the highlight of your dayOur massion is to make your lunchtime meal the highlight of your dayMin diaMin diaIce cheese sliced fresh fruit, natural yoghurt, cheese & biscuits	Bakeď				Rosemary wholemeal bread	
Choice 2 pasta bake Curumber and mint dip with garlic bread Ictuation with roust potatoes Choise   Desserts Apple crumble served with custard Sliced fresh fruit, natural yoghurt, Steed fresh fruit, natural yoghurt, Shortbread cookie Sliced fresh fruit, natural yoghurt, cheese & biscuits Lemon drizzle cake Sliced fresh fruit, natural yoghurt, cheese & biscuits Mixed fruit cheese & biscuits Ice cream & sauces Sliced fresh fruit, natural yoghurt, cheese & biscuits	Choice 2 pasta bake Cucumber and mint dip with garlic bread Ictuation with rouse potatoes Choise 2   Desserts Apple crumble served with custard Sliced fresh fruit, natural yoghurt, cheese & biscuits Shortbread cookie Sliced fresh fruit, natural yoghurt, cheese & biscuits Lemon drizzle cake Sliced fresh fruit, natural yoghurt, cheese & biscuits Mixed fruit cheese & biscuits Ice cream & sauces Sliced fresh fruit, natural yoghurt, cheese & biscuits   Our mission is to make your lunchtime meal the highlight of your day Our day		Vegetable quiche with new potatoes	•	Beef lasagne with garlic bread	chicken with stuffing	Fish & Chips with garden peas
Sliced fresh fruit, natural yoghurt, Sliced fres	Sliced fresh fruit, natural yoghurt, cheese & biscuits Sliced resh fruit, natural yoghurt, cheese & bi			cucumber and	Vegetarian lasagne with garlic bread	feta tart with roast	chips and garden
		Desserts	Sliced fresh fruit, natural yoghurt,	Sliced fresh fruit, natural yoghurt,	Sliced fresh fruit, natural yoghurt,	cheesecake Sliced fresh fruit, natural yoghurt,	Sliced fresh fruit, natural yoghurt,



The Grove

### AVAILABLE EVERY DAY

 Packed Lunch option Jacket potato and fillings or pasta and sauce • Seasonable vegetables Selection of fresh salad



WEEK THREE MENU

WEEKS COMMENCING: • 30TH APRIL • 21ST MAY

• 18TH JUNE • 9TH JULY

### NUTRITIONAL PACKED

All our menus are nutritionally analysed to ensure they meet and exceed The School Food Plan.

MEAT FREE	P Monday	Tuesday	Wednesday	Thursday
Freshly Baked Bread	Garlic & herb focaccia	Home baked wholemeal bread	Home baked ciabatta	Poppy seed wholemeal bread
Main Choice 1	Roast pepper pasta bake	Beef burger in a bun served with new potatoes	Italian chicken served with rice	Roasted pork & apple sauce served with roast potatoes
Main Choice 2	Creamy vegetable curry with rice	Bean burger in a bun served with new potatoes	Italian vegetables served with rice	Fritatta served with roasted new potatoes
Desserts	Pancakes Sliced fresh fruit, natural yoghurt, cheese & biscuits	Carrot and orange muffin Sliced fresh fruit, natural yoghurt, cheese & biscuits	<b>Fruit trifle</b> Sliced fresh fruit, natural yoghurt, cheese & biscuits	Caramel apple betty Sliced fresh fruit, natural yoghurt, cheese & biscuits
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Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited • All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE



The Grove PRIMARY SCHOOL

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## Friday

Home baked focaccia

Fish fingers with oven baked chips & garden peas

Macaroni cheese served with garlic bread

Chocolate brownie Sliced fresh fruit, natural yoghurt cheese & biscuits