



AVAILABLE EVERY DAY

- Jacket potato and fillings or pasta and sauce
- Seasonable vegetables
- Selection of fresh salad

LUNCHTIME COTM

WEEK ONE MENU

WEEKS COMMENCING: 30TH OCT • 20TH NOV • 11TH DEC • 8TH JAN • 29TH JAN • 26TH FEB • 19TH MARCH

NUTRITIONALLY PACKED

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

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.

MEAT
FREE 

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia	Freshly baked ciabatta bread	Freshly baked sunflower seed bread	Freshly baked garlic & herb bread
Main Choice 1	Quorn pasta bolognese served with grated cheese & spaghetti	Chicken sausages with mashed potato	Beef lasagne with garlic bread	Roast lamb, with roast potatoes and yorkshire pudding	Fish fingers & chips with tomato ketchup
Main Choice 2	Chesse cauliflower and broccoli bake	Vegetarian sausages with mashed potato	Vegetarian lasagne with garlic bread	Penne pasta with tomato and basil sauce	Flat bread cheese and tomato pizza and chips
Desserts	Apple sponge pudding with custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Jelly with fresh cream Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Marble cake Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Cherry cookies Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Sticky toffee pudding with toffee sauce Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits

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



AVAILABLE EVERY DAY

- Jacket potato and fillings or pasta and sauce
- Seasonable vegetables
- Selection of fresh salad

LUNCHTIME COTM

WEEK TWO MENU

WEEKS COMMENCING: 6TH NOV • 27TH NOV • 18TH DEC •
15TH JAN • 5TH FEB • 5TH MARCH • 26TH MARCH

NUTRITIONALLY PACKED

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MEAT
FREE 

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia bread	Freshly baked garlic bread	Freshly baked ciabatta bread	Freshly baked wholemeal bread
Main Choice 1	Vegetable stir fry and rice	BBQ Chicken with new potatoes	Mediterranean lamb & couscous	Roast beef, roast potatoes & Yorkshire pudding	Battered fish & chips with tomato ketchup
Main Choice 2	Sweet Potato and lentil korma and rice	Roasted Vegetable quiche with new potatoes	Creamy Macaroni Cheese with leeks	Vegetable Stew with Roast Potatoes and Yorkshire Pudding	Vegetable Burger with chips
Desserts	Apple crumble & custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	FlapJack Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Cherry shortbread biscuits Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Strawberry cheesecake Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Chocolate sponge cake with chocolate sauce Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits

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The Grove
PRIMARY SCHOOL

AVAILABLE EVERY DAY

- Jacket potato and fillings or pasta and sauce
- Seasonable vegetables
- Selection of fresh salad

LUNCHTIME COTM

WEEK THREE MENU

WEEKS COMMENCING: 13TH NOV • 4TH DEC • 1ST JAN •
22ND JAN • 19TH FEB • 12TH MARCH

NUTRITIONALLY PACKED

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MEAT
FREE 

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia bread	Freshly baked ciabatta bread	Freshly baked wholemeal bread	Freshly baked Garlic Bread
Main Choice 1	Courgette, pepper and mozzarella bake	Jerk chicken with potato wedges and peas	Beef burger in a bun with lettuce & tomato	Roast turkey with roast potatoes and yorkshire pudding	Fish and chips
Main Choice 2	Vegetable risotto	Ratatouille with potato wedges and peas	Macaroni cheese with garlic bread	Mediterranean vegetable tart with roast potatoes and Yorkshire puddings	Flat bread cheese and tomato pizza and chips
Desserts	Rhubarb crumble & custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Chocolate cookies and ice cream Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Jam sponge & custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Banana cake Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Bakewell tart Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits

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