



The Grove
PRIMARY SCHOOL

AVAILABLE EVERY DAY

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

LUNCHTIME COTM

WEEK ONE MENU

WEEKS COMMENCING:
• 3RD SEP • 24TH SEP • 15TH OCT

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

**Freshly
Baked
Bread**

Garlic & herb
ciabatta

Home baked
wholemeal bread

Herbed focaccia

Rosemary
wholemeal bread

Herbed ciabatta

**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

**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

Fruit Jelly
Sliced fresh fruit, natural yoghurt,
cheese & biscuits

Gingerbread
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

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



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AVAILABLE EVERY DAY

- Packed Lunch option
Jacket potato and fillings or pasta and sauce
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LUNCHTIME COTM

WEEK TWO MENU

WEEKS COMMENCING:
• 10TH SEP • 1ST OCT

NUTRITIONALLY PACKED

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MEAT
FREE 

Monday

Tuesday

Wednesday

Thursday

Friday

**Freshly
Baked
Bread**

Garlic & herb
focaccia

Home baked
wholemeal bread

Home baked
ciabatta

Rosemary
wholemeal bread

Home baked
focaccia

**Main
Choice 1**

Vegetable quiche
with new potatoes

Jerk chicken with
rice

Beef lasagne with
garlic bread

Roasted Norfolk
chicken with stuffing
& roasted potatoes

Fish & Chips
with garden peas

**Main
Choice 2**

Quorn bolognese
pasta bake

Felafel wrap with
vegetable rice and
cucumber and
mint dip

Vegetarian lasagne
with garlic bread

Red onion and
feta tart with roast
potatoes

Flat bread pizza with
chips and garden
peas

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
cheesecake
Sliced fresh fruit, natural yoghurt,
cheese & biscuits

Ice cream & sauces
Sliced fresh fruit, natural yoghurt,
cheese & biscuits

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LUNCHTIME COTM

WEEK THREE MENU

WEEKS COMMENCING:
• 17TH SEP • 8TH OCT

NUTRITIONALLY PACKED

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MEAT
FREE 

Monday

Tuesday

Wednesday

Thursday

Friday

**Freshly
Baked
Bread**

Garlic & herb
focaccia

Home baked
wholemeal bread

Home baked
ciabatta

Poppy seed
wholemeal bread

Home baked
focaccia

**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

Fish fingers with
oven baked chips &
garden peas

**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

Macaroni cheese
served with garlic
bread

Desserts

Pancakes
Sliced fresh fruit, natural yoghurt,
cheese & biscuits

Carrot and orange
muffin
Sliced fresh fruit, natural yoghurt,
cheese & biscuits

Fruit trifle
Sliced fresh fruit, natural yoghurt,
cheese & biscuits

Caramel apple betty
Sliced fresh fruit, natural yoghurt,
cheese & biscuits

Chocolate brownie
Sliced fresh fruit, natural yoghurt,
cheese & biscuits

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