



PLYMOUTH GROVE WEEK 1



<u>Your Choice</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
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<u>MAINS</u>	Chicken Sausages Vegan Sausages Vegetable gravy	Homemade meatballs served with a tomato sauces	Chicken/ Quorn fillet served with Jalfrezi sauces	Roasted Chicken Fillet Yorkshire pudding	Oven Baked Fish squares Fish Fingers
<u>VEGETARIAN</u>	Red Lentil Dahl Naan Bread	Jacket Potato vegetable Fingers	Tomato and Basil Pasta	Moroccan couscos roasted chickpeas	Cheese and Tomato Panini
<u>STARCH ITEM</u>	Mashed Potato Wholegrain Rice	Wholewheat pasta	Wholegrain Rice Naan Bread Garlic Bread	Roast Potato Flat Bread	Chips
<u>VEGETABLE</u>	Mixed Vegetables, Seasonal Salads	Peas & carrots Baked beans	Peas Mixed salad	Cauliflower & Broccoli Green Salad	Peas Seasonal Salads
<u>SANDWICH</u>	Tuna Sandwiches	Chicken sandwiches	Sandwiches of the day	Chicken Tikka Wrap	Cheese Sandwiches
<u>DESSERT</u>	Fresh fruit / Fruit pots	Fresh fruit, Cheese Biscuits	Fresh Fruit ,Fruit yoghurt	Fresh fruit / Fruit salad	Treat Friday





PLYMOUTH GROVE WEEK 2



<i>Your Choice</i>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
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<u>MAINS</u>	Minced Beef Pasta Bolognese	Chicken Couscous Served with sweet chilli Lemon sauces	Indian Style chicken curry	Chicken Pasta Bake	Fish cake burger Salmon Fish fingers
<u>VEGETARIAN</u>	Onion Bhajis served with chickpea potato sauces	Plant based vegan Sausages roll	Vegetable Panini	Wholewheat Margarita pizza	Italian pasta with tomato sauces
<u>STARCH ITEM</u>	Garlic Bread, Brown white Rice	Baby new potato	Brown Rice, Baby new potato	Potato wedges	Potato Fries
<u>VEGETABLE</u>	Peas Grated Carrot	Baked Beans Green Salad	Mixed Vegetables Seasonal salad	Sweetcorn Coleslaw	Peas Mixed Salad
<u>SANDWICH</u>	Tuna Sandwiches	Chicken Sandwiches	Cheese sandwiches	Chicken Tikka Wrap	Sandwiches of the day
<u>DESSERT</u>	Fresh Fruit, Fruit pots	Fresh Fruit, Cheese biscuits	Fresh fruit, fruit yogurt	Fresh fruit	Treat Friday





PLYMOUTH GROVE WEEK 3



<u>Your Choice</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
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<u>MAINS</u>	Chilli Chicken	Minced Beef Lasagne	Chicken/ Quorn Tikka Masala	Chicken Burger Beef burger	Harry Ramsden Fish Fish Fingers
<u>VEGETARIAN</u>	Mascarpone Pasta	Tuna Mayonnaise Jacket potato	Macaroni Cheese	Chickpea sweet potato pasta	Home made Cheese Swirl
<u>STARCH ITEM</u>	Wholegrain rice	Garlic Bread	Wholegrain rice Naan Bread	Potato Wedges	Potato Fries
<u>VEGETABLE</u>	Mixed Vegetables Citrusy tofu noodle salad	Baked Beans Baby carrots	Mixed Vegetable Seasonal Salad	Sweetcorn mixed peppers Coleslaw	Peas Green Salad
<u>SANDWICH</u>	Tuna Sandwiches	Chicken Sandwiches	Sandwiches of the day	Cheese Sandwiches	Chicken Tikka Wrap
<u>DESSERT</u>	Seasonal Fresh fruit	Fresh fruit Cheese Biscuits	Fresh Fruit Yogurts	Fresh Fruit	Treat Friday

