

ALLERGEN AWARE
MENU WEEK 1

SERVED W/C

9th Nov | 30th Nov | 21st Dec | 11th Jan | 1st Feb
22nd Feb | 15th Mar | 5th Apr

Innovate IFG

Main Meal

OPTION 1

OPTION 2

Veggies

Sweet Treats

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita pizza & oven baked wedges	Mixed bean bolognaise with pasta (may contain soya)	Vegetable sausages with roast potatoes & gravy	5 bean chilli with Mexican rice	Vegetable sausages, chips & tomato ketchup
Roasted vegetable pizza & oven baked wedges	Mild chilli beef & bean pasta bake (may contain soya)	Roast gammon with roast potatoes & gravy	Chicken fajita with Mexican rice	Fish & chips with tomato ketchup
Green beans & sweetcorn	Broccoli	Broccoli & roasted carrot	Rainbow vegetables	Baked beans
Chocolate shortbread	Fruit crumble	Orange jelly & mandarins	Sliced fruit selection	Raspberry jelly

Available Every Day - Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly



KEY

Vegan Nutritionist's Choice
50-50 White & Wholegrain Rice

ALLERGEN AWARE
MENU WEEK 2

SERVED W/C

16th Nov | 7th Dec | 28th Dec | 18th Jan | 8th Feb
1st Mar | 22nd Mar

Innovate IFG

Main Meal

OPTION 1

OPTION 2

Veggies

Sweet Treats

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita pizza & oven baked wedges	Baked creamy mac 'n' cheese (may contain soya)	Vegetable sausages & mashed potatoes with gravy	Mixed bean & vegetable fajita with Mexican rice	Vegetable sausages, chips & tomato ketchup
Sweet chilli salmon melt & oven baked wedges	BBQ chicken loaded mac 'n' cheese (may contain soya)	Pork sausages with mashed potatoes & gravy	Mild beef chilli topped jacket potato with nacho crunch	Fish & chips with tomato ketchup
Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Baked beans
Watermelon wedge	Apple Pie	Chocolate & orange brownie	Watermelon wedge	Fruity flapjack

Available Every Day - Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly



KEY

Vegan Nutritionist's Choice

50-50 White & Wholegrain Rice

ALLERGEN AWARE
MENU WEEK 3

SERVED W/C

2nd Nov | 23rd Nov | 14th Dec | 4th Jan | 25th Jan
15th Feb | 8th Mar | 29th Mar

Innovate IFG

Main Meal

OPTION 1

OPTION 2

Veggies

Sweet Treats

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed bean bolognaise with pasta (may contain soya) 	Vegetable sausages & mashed potatoes with gravy 	Vegetable sausages with roast potatoes & gravy 	Cauliflower & chickpea korma with mixed rice   	Margherita pizza, chips & tomato ketchup 
Beef & lentil bolognaise with pasta (may contain soya) 	Pork sausages with mashed potatoes & gravy	Roast chicken breast with roast potatoes & gravy	Chicken & chickpea korma with mixed rice  	Fish & chips with tomato ketchup
Green beans & sweetcorn 	Peas & carrots 	Broccoli & roasted carrots 	Tomato, cucumber & carrot salad 	Baked beans 
Lemon shortbread 	Orchard crumble 	Watermelon wedge 	Chocolate & orange brownie 	Sliced fruit selection 

Available Every Day - Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly



KEY

Vegan  Nutritionist's Choice 

50-50 White & Wholegrain Rice 