

MENU WEEK 1

SERVED W/C:

2nd Mar, 23rd Mar, 13th Apr, 4th May, 15th June, 6th July

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

OPTION 1

OPTION 2

Margherita pizza & oven baked wedges

Mixed bean bolognaise with penne pasta

Vegetable sausages with roast potatoes & gravy

Pea-powered vegetable stir fry with carrot rice

Vegetable nuggets, chips & tomato ketchup

Halal pepperoni pizza & oven baked wedges

Halal beef & lentil bolognaise with penne pasta

Halal roast chicken breast with roast potatoes & gravy

Halal creamy coconut chicken & chickpea curry with carrot rice

Halal fish fingers, chips & tomato ketchup

Veggies

Broccoli

Carrots & peas

Carrot & cabbage

Broccoli & Cauliflower

Baked beans

Pasta

Penne pasta with house tomato sauce

Penne pasta with a creamy cheese sauce

Creamy pesto penne pasta

Penne pasta with a creamy cheese sauce

Penne pasta with house tomato sauce

Filled Rolls

Cheese Tuna mayo

Cheese Tuna mayo

Cheese Tuna mayo

Cheese Tuna mayo

Cheese Tuna mayo

Sweet Treats

Lemon shortbread biscuit

Chocolate & banana brownie sponge

Orange jelly & mandarins

Baked apple & cinnamon sponge

Strawberry yogurt & strawberry sauce

Available Every Day - Crunchy Colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise & Cheese & Beans

KEY

Wholegrain Vegetarian

Nutritionist's Choice

Vegan



MENU WEEK 2

SERVED W/C:

9th Mar, 20th Apr, 11th May, 1st June, 22nd June, 13th July

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

OPTION 1

OPTION 2

Margherita pizza & oven baked wedges

Pea-powered vegetable pie & new potatoes

Cheesy cauliflower pasta bake

Lentil & sweet potato dahl with vegetable rice

Vegetable sausages, chips & tomato ketchup

Halal Tomato, spinach & salmon pasta

Halal chicken & vegetable pie with new potatoes

Halal roast turkey breast, roast potatoes & gravy

Halal lemon & herb chicken with chickpeas & vegetable rice

Halal fish & chips with tomato ketchup

Veggies

Broccoli

Peas

Carrots & cauliflower

Selection from the salad bar

Peas

Pasta

Penne pasta with a creamy cheese sauce

Penne pasta with house tomato sauce

Creamy pesto penne pasta

Penne pasta with a creamy cheese sauce

Penne pasta with house tomato sauce

Filled Rolls

Cheese Tuna mayo

Cheese Tuna mayo

Cheese Tuna mayo

Cheese Tuna mayo

Cheese Tuna mayo

Sweet Treats

Watermelon Wedge

Oaty apple crumble & custard

Chocolate Mousse

Carrot cake with orange glaze

Raspberry jelly & mandarins

Available Every Day - Crunchy Colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise & Cheese & Beans

KEY

Wholegrain



Vegetarian



Nutritionist's Choice



Vegan



MENU WEEK 3

SERVED W/C:


23rd Feb, 16th Mar, 27th Apr, 18th May, 8th June, 29th June






























Innovate IFG

Main Meal

OPTION 1

OPTION 2



	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Pea-powered mild chilli with rice 	Vegetable sausages & mashed potatoes with gravy 	Roast Quorn fillet with roast potatoes & gravy 	Baked creamy mac 'n' cheese 	Quorn dippers, chips & tomato ketchup 
OPTION 2	Halal mild beef & lentil chilli con carne with rice 	Halal chicken sausages (beef casing) with mashed potatoes & gravy 	Halal roast chicken breast, roast potatoes & gravy 	Halal BBQ chicken loaded mac 'n' cheese 	Halal fish fingers, chips & tomato ketchup 
Veggies 	Sweetcorn 	Peas & carrots 	Broccoli & carrots 	Selection from the salad bar 	Baked Beans 
Pasta 	Penne pasta with a creamy cheese sauce 	Penne pasta with house tomato sauce 	Penne pasta with a creamy cheese sauce 	Penne pasta with house tomato sauce 	Creamy pesto penne pasta 
Filled Rolls 	Cheese Tuna mayo	Cheese Tuna mayo	Cheese Tuna mayo	Cheese Tuna mayo	Cheese Tuna mayo
Sweet Treats 	Chocolate Shortbread 	Apple & summer berry crumble with custard 	Strawberry yogurt & strawberry sauce 	Raspberry jelly & mandarins 	Chocolate fruit crispie cake 

Available Every Day - Crunchy Colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise & Cheese & Beans



KEY




Wholegrain  Vegetarian 
 Nutritionist's Choice  Vegan 

ALLERGEN AWARE MENU WEEK 1

SERVED W/C



2nd Mar, 23rd Mar, 13th Apr, 4th May, 15th June, 6th July

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal  OPTION 1 OPTION 2	Margherita pizza & oven baked wedges	Mixed bean bolognaise with pasta (may contain soya)	Vegetable sausages with roast potatoes & gravy	Pea-powered vegetable stir fry with carrot rice	Vegetable Sausages, chips & tomato ketchup
	Roasted vegetable pizza & oven baked wedges	Halal beef & lentil bolognaise with pasta (may contain soya)	Halal roast chicken breast with roast potatoes & gravy	Halal creamy coconut chicken curry with carrot rice	Halal Fish & chips with tomato ketchup
Veggies 	Broccoli	Carrots & peas	Carrot & cabbage	Broccoli & Cauliflower	Baked beans
Sweet Treats 	Lemon shortbread biscuit	Chocolate & banana brownie sponge	Orange jelly & mandarins	Baked apple & cinnamon sponge	Raspberry jelly

Available Every Day - Crunchy colourful Salad Bar & Jacket Potatoes with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise



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