

MENU WEEK 1

SERVED W/C:

27th Oct | 17th Nov | 8th Dec | 19th Jan |
9th Feb | 2nd Mar | 23rd Mar | 13th Apr

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN
MEAL

OPTION
1

OPTION
2

VEGGIES

PASTA

FILLED
ROLLS

Cheese & Bean
Lasagne

Margherita
Pizza & Wedges

Vegan Lentil & Stuffing
Pastry Roll

Vegan Bolognaise &
Penne Pasta

Vegan Vegetable
Nuggets & Chips

Turkey
& Cheese Pasta

Traditional Creamy
Beef Lasagne

Roast Chicken with
Roast Potatoes & Gravy

Sweet & Sour Chicken
& Rice

MSC Approved Fish
Fingers & Chips

Carrots & Peas

Broccoli

Roasted Carrots
& Parsnips

Peas

Beans

House Tomato
Sauce

Cheese
Sauce

House Tomato
Sauce

Cheese
Sauce

Creamy
Pesto

Chicken
Cheese

Chicken
Egg

Chicken
Cheese

Tuna Mayo
Cheese

Egg
Cheese

SWEET
TREATS

Blueberry
Cookie Bar

Chocolate &
Banana Brownie

Strawberry Yoghurt
& Strawberry Sauce

Apple &
Cocoa Sponge

Raspberry
Jelly

Halal Meat Options Available

KEY

Vegetarian

Vegan

Added Wholewheat

Nutritionist's Choice



MENU WEEK 2

SERVED W/C: 3rd Nov | 24th Nov | 15th Dec | 5th Jan | 26th Jan
| 16th Feb | 9th Mar | 30th Mar | 20th Apr

Innovate IFG

MAIN MEAL	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1 	Margherita Pizza & Wedges	Vegan Sausage with Mashed Potatoes & Gravy	Vegan Cottage Pie & Gravy	Cheesy Cauliflower Pasta Bake	Tex-Mex Vegetable Fajita Wrap
OPTION 2 	MSC Approved Salmon Pasta Bake	Chicken & Beef Sausage, Mashed Potatoes & Gravy	Roast Turkey with Roast Potatoes & Gravy	Mild Caribbean Chicken Curry & Carrot Rice	MSC Approved Fish & Chips
VEGGIES 	Peas	Carrot & Peas	Broccoli & Cauliflower	Carrot & Mixed Salad	Baked Beans
PASTA 	Cheese Sauce	House Tomato Sauce	Cheese Sauce	House Tomato Sauce	Creamy Pesto
FILLED ROLLS 	Tuna Mayo Cheese	Chicken Egg	Chicken Cheese	Tuna Mayo Cheese	Egg Cheese

AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans



Strawberry Mousse

Oaty Apple Crumble & Custard

Original Flapjack

Chocolate & Carrot Muffin

Raspberry Jelly & Mandarins



MENU WEEK 3

SERVED W/C: 20th Oct | 10th Nov | 1st Dec | 22nd Dec | 12th Jan | 2nd Feb | 23rd Feb | 16th Mar | 6th Apr

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Mixed Vegetable & Bean Fajita & Oven Baked Wedges 	Vegetarian Chilli Nacho Bake & Rice 	Vegan Roast Quorn Fillet With Roast Potatoes & Gravy 	Baked Creamy Mac 'N' Cheese 	Vegan Sausage Roll & Chips 
OPTION 1	Quorn Dippers with Oven Baked Wedges & Tomato Ketchup 	Mild Beef Chilli & Rice 	Roast Chicken with Roast Potatoes & Gravy 	Creamy Chicken Curry & Carrot Rice 	MSC Approved Fish Fingers & Chips 
VEGGIES	Peas & Carrots 	Sweetcorn 	Broccoli & Peas 	Carrot & Mixed Salad 	Beans 
PASTA	Cheese Sauce 	House Tomato Sauce 	Cheese Sauce 	House Tomato Sauce 	Creamy Pesto 
FILLED ROLLS	Tuna Mayo Cheese 	Chicken Egg 	Chicken Cheese 	Tuna Mayo Cheese 	Egg Cheese 

AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS	Strawberry Yoghurt & Strawberry Sauce 	Mixed Berry & Apple Crumble with Custard  	Orange Jelly & Mandarins 	Gingerbread Squares with Custard 	Garden Brownie  
KEY	Halal Meat Option Available	Nutritionist's Choice 	Vegetarian 	Vegan 	Added Wholewheat 