

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 	OPTION 1 Mixed bean chilli with carrot rice 	Margherita pizza & oven baked wedges 	Vegetable sausages with roast potatoes & gravy 	Plant based spiced 'vegieball' pasta (may contain soya) 	Smashed veggie burger with iceberg and vegan mayo
	OPTION 2 Mild beef & lentil chilli with carrot rice 	Cajun chicken pizza & oven baked wedges 	Roast gammon with roast potatoes & gravy 	Creamy chicken, spinach & pesto pasta (may contain soya) 	Fish & chips with tomato ketchup
Veggies 	Green beans & sweetcorn 	Broccoli 	Broccoli & roasted carrots 	Rainbow vegetables 	Baked beans
Sweet Treats 	Lemon shortbread 	Chocolate & orange brownie 	Orange jelly & mandarins 	Apple crumble 	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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Veggies Sweet Treats	Vegetable sausages & mashed potatoes with gravy	Cheesy leek mac 'n' cheese (may contain soya)	Vegetable sausages with roast potatoes & gravy	Cauliflower & chickpea korma with carrot rice	Margherita pizza, chips & tomato ketchup
	Pork sausages & mashed potatoes with gravy	Beef & lentil pasta bake (may contain soya)	Lemon roast chicken with roast potatoes & gravy	Chicken & chickpea korma with carrot rice	Fish & chips with tomato ketchup
	Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Baked beans
	Sliced fruit selection	Apple & cinnamon crumble	Chocolate & orange brownie	Raspberry jelly	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



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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1 OPTION 2	Margherita pizza & oven baked wedges	Butternut squash pasta bake (may contain soya)	Vegetable sausages with roast potatoes & gravy	Smokey BBQ pieces & vegetable rice	Chickpea & vegetable fritter, chips & tomato ketchup
	Sweet chilli salmon melt & oven baked wedges	Beef & bean bolognaise with pasta (may contain soya)	Pork sausages with mashed potatoes & gravy	Smokey BBQ chicken with vegetable rice	Fish & chips with tomato ketchup
	Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Baked beans
	Chocolate shortbread	Fruit crumble	Orange jelly & mandarins	Watermelon wedge	Lemon shortbread
Veggies 					
Sweet Treats 					

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

