ALLERGEN AWARE MENU WEEK 1

SERVED W/C

7th Sep | 28th Sep | 19th Oct | 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	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
Main Meal OPTION 2	Roasted vegetable pizza & oven baked wedges	Mild chilli beef & bean pasta bake	Roast gammon with roast potatoes & gravy	Chicken fajita with Mexican rice	Fish & chips with tomato ketchup
Veggies	Green beans & sweetcorn	Broccoli	Broccoli & roasted carrot	Rainbow vegetables	Baked beans
Sweet Treats	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

14th Sep | 5th Oct | 26th Oct | 16th Nov
7th Dec | 28th Dec | 18th Jan | 8th Feb
1st Mar | 22nd Mar

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Margherita pizza & oven baked wedges	Baked creamy mac 'n' cheese	Vegetable sausages & mashed potatoes with gravy	Mixed bean & vegetable fajita with Mexican rice	Vegetable sausages, chips & tomato ketchup
Main Meal OPTION 2	Sweet chilli salmon melt & oven baked wedges	BBQ chicken loaded mac 'n' cheese	Pork sausages with mashed potatoes & gravy	Mild beef chilli topped jacket potato with nacho crunch	Fish & chips with tomato ketchup
Veggies	Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Baked beans
Sweet Treats	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

31st Aug | 21st Sep | 12th Oct | 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	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
Main Meal OPTION 2	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
Veggies	Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Baked beans
Sweet Treats	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