

Main Meal

OPTION 1

OPTION 2

Veggies

Sweet Treats

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|---|--|--|---|--|
| OPTION 1 | 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 |
| OPTION 2 | Roasted vegetable pizza & oven baked wedges | Beef & lentil bolognaise with pasta (may contain soya) | Roast gammon with roast potatoes & gravy | Creamy coconut chicken curry with carrot rice | 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

ALLERGEN AWARE MENU WEEK 2

SERVED W/C

20th April, 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 casserole & new potatoes | Cauliflower pasta bake (may contain soya) | Lentil & sweet potato dahl with vegetable rice | Vegetable Sausages, chips & tomato ketchup |
| | Tomato, spinach & salmon pasta (may contain soya) | Chicken & vegetable casserole with new potatoes | Roast turkey breast, roast potatoes & gravy | Lemon & herb chicken with chickpeas & vegetable rice | Fish & chips with tomato ketchup |
| Veggies | Broccoli | Peas | Carrots & cauliflower | Selection from the salad bar | Peas |
| Sweet Treats | Watermelon Wedge | Apple crumble | Lemon shortbread biscuit | Carrot cake with orange glaze | Raspberry jelly & mandarins |

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

ALLERGEN AWARE MENU WEEK 3

SERVED W/C

27th April, 18th May, 8th June, 29th June

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

OPTION 1

OPTION 2

Pea-powered mild chilli with rice



Vegetable sausages & mashed potatoes with gravy



Vegetable sausages with roast potatoes & gravy



Mac 'n' cheese (may contain soya)



Margherita pizza, chips & tomato ketchup



Mild beef & lentil chilli con carne with rice



Pork sausages with mashed potatoes & gravy

Roast chicken breast with roast potatoes & gravy

BBQ chicken loaded mac 'n' cheese (may contain soya)

Fish & chips with tomato ketchup

Veggies



Sweetcorn



Peas & carrots



Broccoli & carrots



Selection from the salad bar



Baked Beans



Sweet Treats



Chocolate Shortbread



Apple & Summer berry crumble



Watermelon Wedge



Raspberry jelly & mandarins



Lemon shortbread biscuit



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