

MENU WEEK 1

SERVED W/C:

9th Feb, 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

Veggies

Pasta

Sweet Treats

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 
Pepperoni pizza & oven baked wedges	Beef & lentil bolognaise with penne pasta 	Roast gammon with roast potatoes & gravy	Creamy coconut chicken & chickpea curry with carrot rice 	Fish fingers, chips & tomato ketchup
Broccoli 	Carrots & peas 	Carrot & cabbage 	Broccoli & Cauliflower 	Baked beans 
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 
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



MENU WEEK 2

SERVED W/C:

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

Innovate IFG

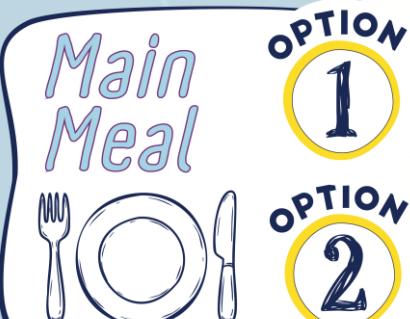
Monday

Tuesday

Wednesday

Thursday

Friday



Main Meal OPTION 1: Margherita pizza & oven baked wedges OPTION 2: Tomato, spinach & salmon pasta	Pea-powered vegetable pie & new potatoes	Cheesy cauliflower pasta bake	Lentil & sweet potato dahl with vegetable rice	Vegetable sausages, chips & tomato ketchup
Broccoli	Peas	Carrots & cauliflower	Selection from the salad bar	Peas
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
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:

2nd Feb, 23rd Feb, 16th Mar, 27th
Apr, 18th May, 8th June, 29th June

Innovate IFG

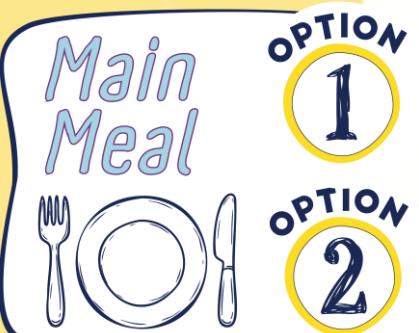
Monday

Tuesday

Wednesday

Thursday

Friday



Main Meal Fork, Plate, Knife	OPTION 1 Pea-powered mild chilli with rice 	OPTION 2 Mild beef & lentil chilli con carne 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
Veggies Broccoli icon	Sweetcorn 		Peas & carrots 		Broccoli & carrots 	
Pasta Pasta icon	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
Sweet Treats Cupcake icon	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



KEY

Wholegrain



Vegetarian



Nutritionist's Choice



Vegan

