

ALLERGEN AWARE 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



OPTION
1

OPTION
2



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
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
Broccoli	Carrots & peas	Carrot & cabbage	Broccoli & Cauliflower	Baked beans
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, Tuna Vegan Mayonnaise & Vegan Cheese & Beans



KEY

Nutritionist's Choice



Vegetarian



Vegan



ALLERGEN AWARE 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



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
Broccoli 	Peas 	Carrots & cauliflower 	Selection from the salad bar 	Peas 
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, Tuna Vegan Mayonnaise & Vegan Cheese & Beans



KEY

Nutritionist's Choice



Vegetarian



Vegan



ALLERGEN AWARE 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



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
Sweetcorn 	Peas & carrots 	Broccoli & carrots 	Selection from the salad bar 	Baked Beans 
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, Tuna Vegan
Mayonnaise & Vegan Cheese & Beans



KEY

Nutritionist's Choice



Vegetarian

Vegan

