

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

Main
Meal



OPTION
1

OPTION
2

Veggies



Sweet
Treats



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

Main Meal

OPTION 1

OPTION 2

Veggies

Sweet Treats

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

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, Tuna Vegan
Mayonnaise & Vegan Cheese & Beans

KEY

Nutritionist's Choice



Vegetarian



Vegan

