

MENU WEEK 1

SERVED W/C:

27th Oct | 17th Nov | 8th Dec | 19th Jan |
9th Feb | 2nd Mar | 23rd Mar | 13th Apr

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN
MEAL



OPTION
1

Cheese & Bean
Lasagne



OPTION
2

Rainbow Vegetable
Stir Fry Noodles

Margherita
Pizza & Wedges



Vegan Lentil & Stuffing
Pastry Roll



BBQ Quorn & Peppers
& Rice



Vegan Vegetable Nuggets
& Chips



VEGGIES



Carrots
& Peas



Broccoli



Roasted Carrots
& Parsnips



Peas

Beans



PASTA



Cheese
Sauce



House Tomato
Sauce



Cheese
Sauce



House Tomato
Sauce



Creamy
Pesto



AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET
TREATS



Blueberry
Cookie Bar



Chocolate &
Banana Brownie



Strawberry Yoghurt &
Strawberry Sauce



Apple & Cocoa
Sponge



Raspberry
Jelly



Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice



Vegetarian



Vegan



Added Wholewheat



MENU WEEK 2

SERVED W/C: 3rd Nov | 24th Nov | 15th Dec | 5th Jan | 26th Jan
| 16th Feb | 9th Mar | 30th Mar | 20th Apr

Innovate IFG

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| MAIN MEAL  OPTION 1 Margherita Pizza & Wedges  | OPTION 2 Vegan Sausage with Mashed Potatoes & Gravy  | Vegan Cottage Pie & Gravy  | Cheesy Cauliflower Pasta Bake  | Tex-Mex Vegetable Fajita Wrap  |
| VEGGIES  OPTION 1 MSC Approved Salmon Pasta Bake  | OPTION 2 Chicken & Beef Sausage, Mashed Potatoes & Gravy  | Roast Turkey with Roast Potatoes & Gravy  | Mild Caribbean Chicken Curry & Carrot Rice  | MSC Approved Fish & Chips  |
| PASTA  OPTION 1 Peas  | OPTION 2 Carrot & Peas  | Broccoli & Cauliflower  | Carrot & Mixed Salad  | Baked Beans  |
| PASTA  OPTION 1 Cheese Sauce  | OPTION 2 House Tomato Sauce  | OPTION 1 Cheese Sauce  | OPTION 2 House Tomato Sauce  | OPTION 1 Creamy Pesto  |

AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans



Strawberry Mousse


Oaty Apple Crumble & Custard


Original Flapjack


Chocolate & Carrot Muffin


Raspberry Jelly & Mandarins




Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice 
Vegetarian  Vegan  Added Wholewheat 

MENU WEEK 3

SERVED W/C: 20th Oct | 10th Nov | 1st Dec | 22nd Dec | 12th Jan | 2nd Feb | 23rd Feb | 16th Mar | 6th Apr

Innovate IFG

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|---|--|---|---|---|
| MAIN MEAL | | Mixed Vegetable & Bean Fajita & Oven Baked Wedges | Vegetarian Chilli Nacho Bake & Rice | Vegan Roast Quorn Fillet With Roast Potatoes & Gravy | Baked Creamy Mac 'N' Cheese | Vegan Sausage Roll & Chips |
| OPTION 1 | |  |  |  |  |  |
| OPTION 2 | | Chicken & Spinach Pasta Bake | Mild Beef Chilli & Rice | Roast Chicken with Roast Potatoes & Gravy | Creamy Chicken Curry & Carrot Rice | MSC Approved Fish Fingers & Chips |
| VEGGIES | | Peas & Carrots | Sweetcorn | Broccoli & Peas | Carrot & Mixed Salad | Beans |
| PASTA | | Cheese Sauce | House Tomato Sauce | Cheese Sauce | House Tomato Sauce | Creamy Pesto |

AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

| | | | | | |
|---------------------|---------------------------------------|--|--------------------------|----------------------------------|----------------|
| SWEET TREATS | Strawberry Yoghurt & Strawberry Sauce | Mixed Berry & Apple Crumble with Custard | Orange Jelly & Mandarins | Gingerbread Squares with Custard | Garden Brownie |
|---------------------|---------------------------------------|--|--------------------------|----------------------------------|----------------|

Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice 
 Vegetarian  Vegan  Added Wholewheat 

