

ALLERGEN AWARE MENU WEEK 1

SERVED W/C

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

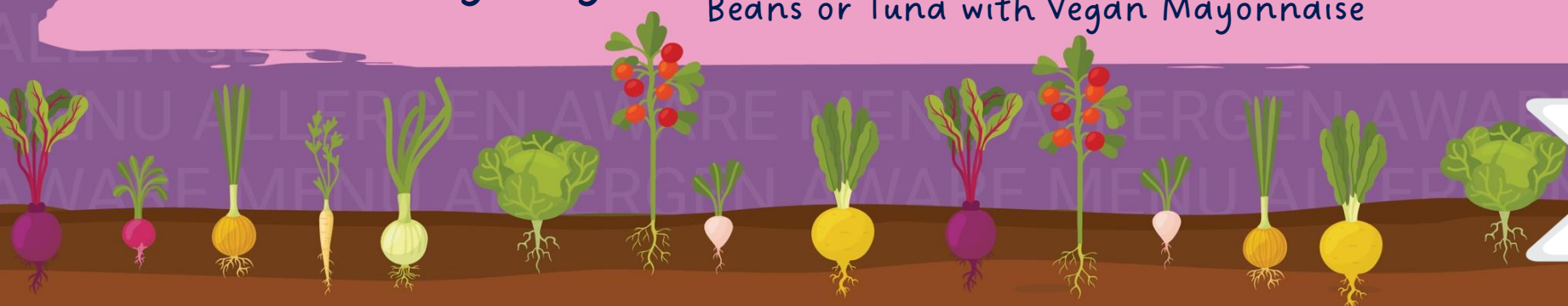
HALAL

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
Roasted vegetable pizza & oven baked wedges 	Halal beef & lentil bolognaise with pasta (may contain soya) 	Halal roast chicken breast with roast potatoes & gravy	Halal creamy coconut chicken curry with carrot rice 	Halal 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 

Veggies

Sweet Treats

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

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

HALAL

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
Halal Tomato, spinach & salmon pasta (may contain soya) 	Halal chicken & vegetable casserole with new potatoes 	Halal Roast turkey breast, roast potatoes & gravy	Halal Lemon & herb chicken with chickpeas & vegetable rice  	Halal 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 

Veggies

Sweet Treats

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

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

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

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

Halal mild beef & lentil chilli con carne with rice



Vegetable sausages & mashed potatoes with gravy



Halal roast chicken breast with roast potatoes & gravy

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

Halal 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



Main Meal



OPTION 1

OPTION 2

HALAL

Veggies



Sweet Treats



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