ALLERGEN AWARE MENU WEEK 1

SERVED W/C

9th Nov | 30th Nov | 21st Dec | 11th Jan | 1st Feb
22nd Feb | 15th Mar | 5th Apr

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Mixed bean chilli with carrot rice	Margherita pizza & oven baked wedges	Vegetable sausages with roast potatoes & gravy	Plant based spiced 'veggieball' pasta (may contain soya)	Smashed veggie burger with iceberg and vegan mayo
Main Meal OPTION 2	Mild beef & lentil chilli with carrot rice	Cajun chicken pizza & oven baked wedges	Roast gammon with roast potatoes & gravy	Creamy chicken, spinach & pesto pasta (may contain soya)	Fish & chips with tomato ketchup
Veggies	Green beans & sweetcorn	Broccoli	Broccoli & roasted carrots	Rainbow vegetables	Baked beans
Sweet Treats	Lemon shortbread	Chocolate & orange brownie	Orange jelly & mandarins	Apple crumble	Raspberry jelly

Available Every Day –

Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly

KEY

Vegan
Nutritionist's Choice
50-50 White & Wholegrain Rice

ALLERGEN AWARE MENU WEEK 2

SERVED W/C

16th Nov | 7th Dec | 28th Dec | 18th Jan | 8th Feb
1st Mar | 22nd Mar

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Vegetable sausages & mashed potatoes with gravy	Cheesy leek mac 'n' cheese (may contain soya)	Vegetable sausages with roast potatoes & gravy	Cauliflower & chickpea korma with carrot rice	Margherita pizza, chips & tomato ketchup
Main Meal OPTION 2	Pork sausages & mashed potatoes with gravy	Beef & lentil pasta bake (may contain soya)	Lemon roast chicken with roast potatoes & gravy	Chicken & chickpea korma with carrot rice	Fish & chips with tomato ketchup
Veggies	Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Baked beans
Sweet Treats	Sliced fruit selection	Apple & cinnamon crumble	Chocolate & orange brownie	Raspberry jelly	Sliced fruit selection

Available Every Day –

Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly

KEY

Vegan | Nutritionist's Choice | 50-50 White & Wholegrain Rice

ALLERGEN AWARE MENU WEEK 3

SERVED W/C

2nd Nov | 23rd Nov | 14th Dec | 4th Jan | 25th Jan
15th Feb | 8th Mar | 29th Mar

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Margherita pizza & oven baked wedges	Butternut squash pasta bake (may contain soya)	Vegetable sausages with roast potatoes & gravy	Smokey BBQ pieces & vegetable rice	Chickpea & vegetable fritter, chips & tomato ketchup
Main Meal OPTION 2	Sweet chilli salmon melt & oven baked wedges	Beef & bean bolognaise with pasta (may contain soya)	Pork sausages with mashed potatoes & gravy	Smokey BBQ chicken with vegetable rice	Fish & chips with tomato ketchup
Veggies	Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Baked beans
Sweet Treats	Chocolate shortbread	Fruit crumble	Orange jelly & mandarins	Watermelon wedge	Lemon shortbread

Available Every Day –

Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly

KEY

Vegan | Nutritionist's Choice | 50-50 White & Wholegrain Rice