

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

OPTION 1
Main Meal

OPTION 2
Fork and Plate Icon

Veggies
Broccoli Icon

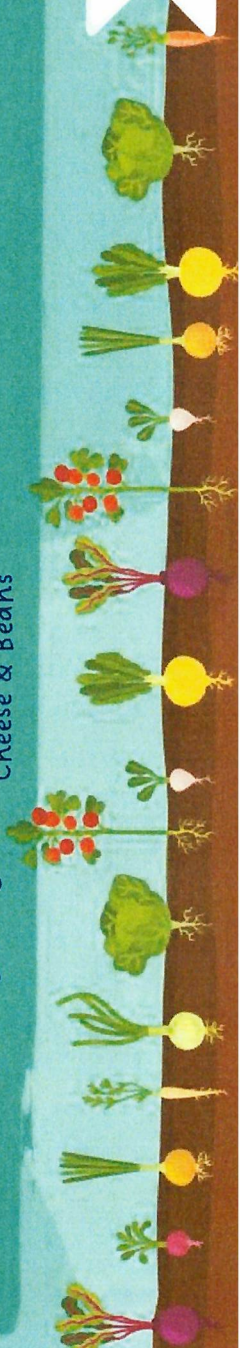
Pasta
Pasta Icon

Filled Rolls
Rolls Icon

Sweet Treats
Cupcake Icon

Mixed bean bolognise with penne pasta	Margherita pizza & oven baked wedges	Vegetable 'squashage' roll with roast potatoes & gravy	Cauliflower & chickpea curry with carrot rice	Vegan Sausage roll, chips & tomato ketchup
Beef & lentil bolognise with penne pasta	Pepperoni pizza & oven baked wedges	Roast gammon with roast potatoes & gravy	Mild chicken tikka masala & chickpea curry with carrot rice	Fish fingers, chips & tomato ketchup
Carrots & peas	Broccoli	Carrot & cabbage	Tomato & cucumber salad	Baked beans
Penne pasta with house tomato sauce	Penne pasta with a creamy cheese sauce	Creamy pesto penne pasta	Penne pasta with a creamy cheese sauce	Penne pasta with house tomato sauce
Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Lemon shortbread biscuit	Chocolate & banana brownie sponge	Orange jelly & mandarins	Oaty apple crumble & custard	Strawberry yogurt & strawberry sauce

Available Every Day - Crunchy Colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise & Cheese & Beans



KEY

- Wholegrain
- Vegetarian
- Vegan
- Nutritionist's Choice

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
Main Meal



OPTION 2

Veggies



Pasta



Filled Rolls



Sweet Treats



Vegetable sausages & mashed potatoes with gravy	Lentil & cauliflower dahl with steamed rice	Roast Quorn fillet with roast potatoes & gravy	Baked creamy mac 'n' cheese	Vegetable nuggets, chips & tomato ketchup
Pork sausages (beef casing) with mashed potatoes & gravy	Cajun chicken, tomato & sweetcorn pasta bake	Roast turkey breast, roast potatoes & gravy	Sweet & sour chicken with carrot rice	Fish & chips with tomato ketchup
Carrots & peas	Broccoli	Broccoli, cauliflower & peas	Selection from the salad bar	Peas
Penne pasta with a creamy cheese sauce	Penne pasta with house tomato sauce	Penne pasta with a creamy cheese sauce	Creamy pesto penne pasta	Penne pasta with house tomato sauce
Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Chocolate sponge & chocolate sauce	Raspberry jelly & mandarins	Jam sponge & custard	Carrot cake with orange glaze	Chocolate Mousse

Available Every Day - Crunchy Colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise & Cheese & Beans



KEY

Wholegrain

Vegetarian

Nutritionist's Choice

Vegan

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

OPTION 1
Main Meal

OPTION 2



Veggies



Pasta






















Filled Rolls



Sweet Treats



Cheesy cauliflower pasta bake 	Margherita pizza & oven baked wedges 	Vegetable sausages with roast potatoes & gravy 	Mixed Bean & vegetable wrap with vegetable rice 	Chickpea & vegetable fritter, chips & tomato ketchup 
Beef nacho pasta bake	Tomato, spinach & salmon pasta 	Roast chicken breast, roast potatoes & gravy	Zesty tomato, lentil & herb chicken with vegetable rice 	Fish fingers, chips & tomato ketchup
Sweetcorn	Peas & carrots 	Cabbage, peas & carrot 	Carrot, cucumber & tomato salad 	Baked beans
Penne pasta with house tomato sauce 	Penne pasta with a creamy cheese sauce 	Penne pasta with a creamy cheese sauce 	Creamy pesto penne pasta	Penne pasta with house tomato sauce 
Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Chocolate shortbread 	Apple & summer berry crumble with custard 	Orange jelly & mandarins 	Watermelon wedge 	Strawberry yoghurt & strawberry sauce 

Available Every Day – Crunchy Colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise & Cheese & Beans



KEY

Wholegrain  Vegetarian 
Nutritionist's Choice  Vegan 