

# 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

**OPTION 1**  
Main Meal

**OPTION 2**





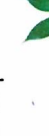

















**Veggies**

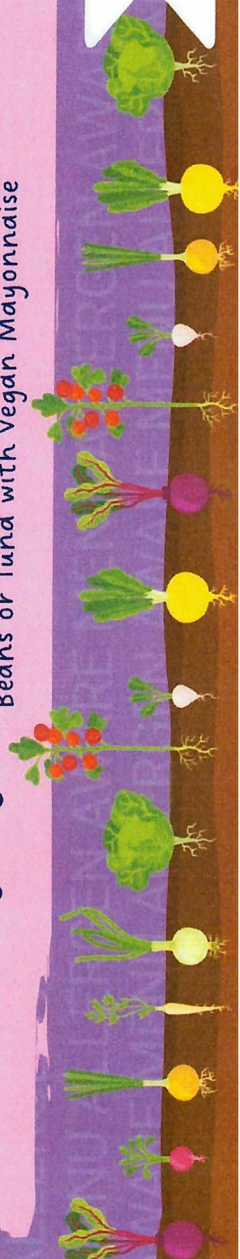


**Sweet Treats**






Mixed bean bolognaise with pasta (may contain soya) 	Margherita pizza & oven baked wedges 	Vegetable sausages with roast potatoes & gravy 	Cauliflower & chickpea curry with carrot rice 	Margherita pizza, chips & tomato ketchup 
Beef & lentil bolognaise with pasta (may contain soya) 	Roasted vegetable pizza & oven baked wedges 	Roast gammon with roast potatoes & gravy 	Mild chicken tikka masala & chickpea curry with carrot rice 	Fish & chips with tomato ketchup 
Carrots & peas 	Broccoli 	Carrot & cabbage 	Tomato & cucumber salad 	Baked beans 
Lemon shortbread biscuit 	Chocolate & banana brownie sponge 	Orange jelly & mandarins 	Apple crumble 	Raspberry Jelly 

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

**OPTION 1**  
Main Meal



**OPTION 2**

**Veggies**

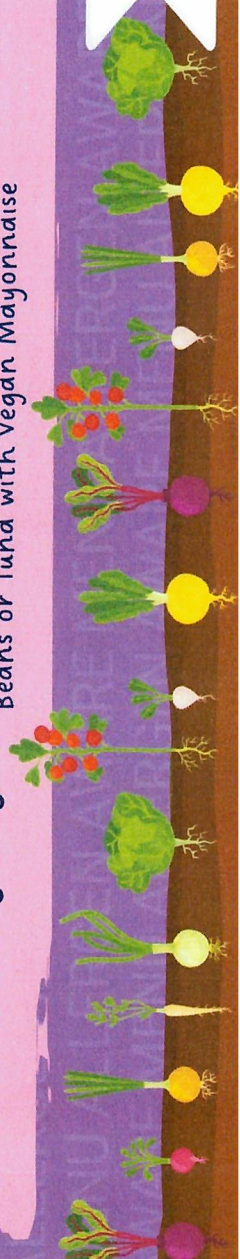


**Sweet Treats**



Vegetable sausages & mashed potatoes with gravy	Lentil & cauliflower dahl with steamed rice	Vegetable sausages with roast potatoes & gravy	Mac 'n' cheese (may contain soya)	Margherita pizza, chips & tomato ketchup
Pork sausages & mashed potatoes with gravy	Cajun chicken, tomato & sweetcorn pasta (may contain soya)	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
Chocolate shortbread	Raspberry jelly & mandarins	Lemon shortbread biscuit	Carrot cake with orange glaze	Raspberry Jelly

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

**OPTION 1**  
Main Meal























**OPTION 2**

**Veggies**



**Sweet Treats**



Cheesy cauliflower pasta bake (may contain soya) 	Margherita pizza & oven baked wedges 	Vegetable sausages with roast potatoes & gravy 	Mixed bean & vegetable nachos with vegetable rice 	Chickpea & vegetable fritter, chips & tomato ketchup 
Beef nacho smash pasta (may contain soya) 	Tomato, spinach & salmon pasta (may contain soya) 	Roast chicken breast with roast potatoes & gravy 	Zesty tomato, lentil & herb chicken with vegetable rice 	Fish & chips with tomato ketchup 
Sweetcorn 	Peas & carrots 	Cabbage, peas & carrot 	Carrot, cucumber & tomato salad 	Baked beans 
Chocolate shortbread 	Apple & Summer berry crumble 	Orange jelly & mandarins 	Watermelon Wedge 	Lemon shortbread biscuit 

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 