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	Margherita Pizza & Wedges	Vegan Lentil & Stuffing Pastry Roll	Vegan Bolognaise & Penne Pasta	Vegan Vegetable Nuggets & Chips
MAIN MEAL OPTION 2	Ham & Cheese Pasta	Traditional Creamy Beef Lasagne	Roast Gammon with Roast Potatoes & Gravy	Sweet & Sour Chicken & Rice	MSC Approved Fish Fingers & Chips
VEGGIES	Carrots & Peas	Broccoli	Roasted Carrots & Parsnips	Peas	Beans
PASTA	House Tomato Sauce	Cheese Sauce	House Tomato Sauce	Cheese Sauce	Creamy Pesto
FILLED ROLLS	Ham Cheese	Chicken Egg	Ham Cheese	Tuna Mayo Cheese	Egg Cheese

AVAILABLE EVERY DAY

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

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

AVAILABLE EVERY DAY

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

SWEET TREATS	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 OPTION 1	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
MAIN MEAL OPTION 2	Quorn Dippers with Oven Baked Wedges & Tomato Ketchup	Mild Beef Chilli & Rice	Roast Chicken, 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
FILLED ROLLS	Tuna Mayo Cheese	Chicken Egg	Ham Cheese	Tuna Mayo Cheese	Egg Cheese

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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

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