

ALLERGEN AWARE
MENU WEEK 1

SERVED W/C

13th Apr, 4th May, 15th June,
6th July

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Main
Meal



OPTION
1

OPTION
2

Veggies



Sweet
Treats



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

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



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

20th Apr, 11th May, 1st June,
22nd June, 13th July

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Main
Meal

OPTION
1

OPTION
2



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

Veggies



Broccoli



Peas



Carrots & cauliflower



Selection from the salad bar



Peas



Sweet
Treats



Watermelon Wedge



Apple crumble



Lemon shortbread biscuit



Carrot cake with orange glaze



Raspberry jelly & mandarins



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

27th Apr, 18th May, 8th June,
29th June

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Main
Meal

OPTION
1

OPTION
2



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

Veggies



Sweetcorn



Peas & carrots



Broccoli & carrots



Selection from the salad bar



Baked Beans



Sweet
Treats



Chocolate Shortbread



Apple & Summer berry crumble



Watermelon Wedge



Raspberry jelly & mandarins



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

