

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

OPTION
1

Cheese & Bean
Lasagne



Margherita
Pizza & Wedges



Vegan Lentil & Stuffing
Pastry Roll



Vegan Bolognese & Penne
Pasta



Vegan Vegetable Nuggets
& Chips



OPTION
2

Ham & Cheese
Pasta

Traditional Creamy Beef
Lasagne



Roast Gammon with Roast
Potatoes & Gravy

Sweet & Sour Chicken
& Rice



MSC Approved Fish
Fingers & Chips

Halal Turkey
& Cheese Pasta

Traditional Creamy Halal
Beef Lasagne



Halal Roast Chicken with
Roast Potatoes & Gravy

Halal Sweet & Sour Chicken
& Rice



MSC Approved Fish
Fingers & Chips

Carrots
& Peas



Broccoli



Roasted Carrots
& Parsnips



Peas



Beans



House Tomato
Sauce



Cheese
Sauce



House Tomato
Sauce



Cheese
Sauce



Creamy
Pesto



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

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 OPTION 2 HALAL VEGGIES PASTA	Margherita Pizza & Wedges	Vegan Sausage with Mashed Potatoes & Gravy	Vegan Cottage Pie & Gravy	Cheesy Cauliflower Pasta Bake	Tex-Mex Vegetable Fajita Wrap
	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
	MSC Approved Salmon Pasta Bake	Halal Chicken & Beef Sausage, Mashed Potatoes & Gravy	Halal Roast Turkey with Roast Potatoes & Gravy	Mild Caribbean Halal Chicken Curry & Carrot Rice	MSC Approved Fish & Chips
	Peas	Carrot & Peas	Broccoli & Cauliflower	Carrot & Mixed Salad	Baked Beans
	Cheese Sauce	House Tomato Sauce	Cheese Sauce	House Tomato Sauce	Creamy Pesto

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

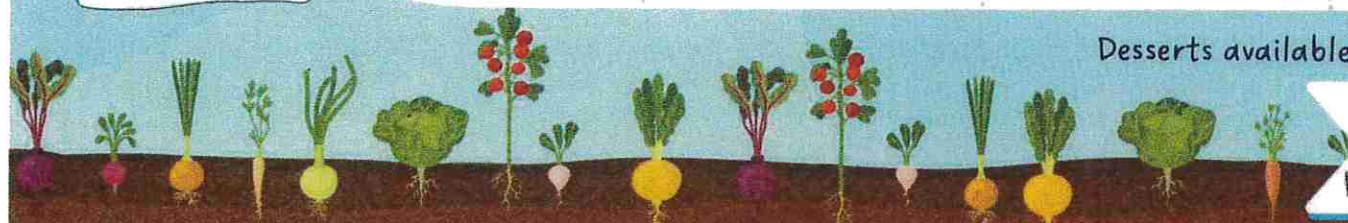
KEY

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 OPTION 2 HALAL	Mixed Vegetable & Bean Fajita & Oven Baked Wedges	Vegan Bolognese Ragu Penne Pasta	Vegan Roast Quorn Fillet with Roast Potatoes & Gravy	Baked Creamy Mac 'N' Cheese	Vegan Sausage Roll & Chips
	Chicken Pie with Mashed Potatoes & Gravy	Beef Bolognese Penne Pasta	Roast Chicken with Roast Potatoes & Gravy	Creamy Chicken Curry & Carrot Rice	MSC Approved Fish Fingers & Chips
	Halal Chicken Pie with Mashed Potatoes & Gravy	Halal Beef Bolognese Penne Pasta	Halal Roast Chicken with Roast Potatoes & Gravy	Creamy Halal Chicken Curry & Carrot Rice	MSC Approved Fish Fingers & Chips
	Peas & Carrots	Sweetcorn	Broccoli & Peas	Carrot & Mixed Salad	Beans
	House Tomato Sauce	Cheese Sauce	House Tomato Sauce	Cheese Sauce	Creamy Pesto
VEGGIES					
PASTA					

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

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

