

MENU WEEK 1

SERVED W/C: 2nd Mar, 23rd Mar, 13th Apr, 4th May, 15th June, 6th July

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

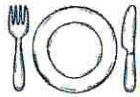
Friday

























Main Meal

OPTION 1

OPTION 2

HALAL



Mixed bean bolognaise 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 bolognaise 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
Halal Beef & lentil bolognaise with penne pasta 	Halal pepperoni pizza & oven baked wedges	Halal roast chicken breast with roast potatoes & gravy	Mild Halal chicken tikka masala & chickpea curry with carrot rice 	Halal 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 
Lemon shortbread biscuit 	Chocolate & banana brownie sponge 	Orange jelly & mandarins 	Oaty apple crumble & custard 	Strawberry yogurt & strawberry sauce 

Veggies



Pasta



Sweet Treats



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



KEY

Wholegrain



Vegetarian



Nutritionist's Choice





























Vegan



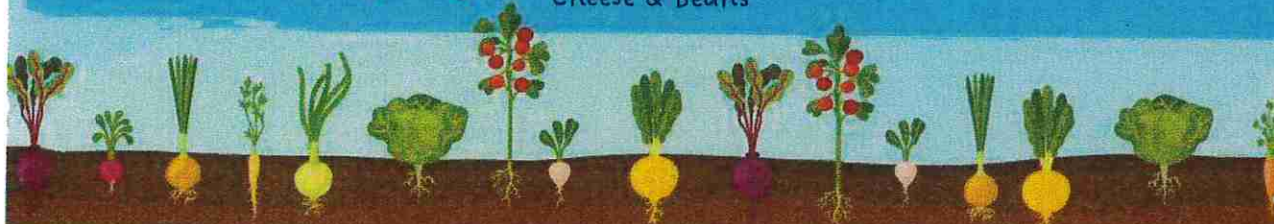
MENU WEEK 2

SERVED W/C: 9th Mar, 20th Apr, 11th May, 1st June, 22nd June, 13th July

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 	OPTION 1 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 
	OPTION 2 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
	HALAL Halal chicken sausages (beef casing) with mashed potatoes & gravy	Halal Cajun chicken, tomato & sweetcorn pasta bake	Halal Roast turkey breast, roast potatoes & gravy	Halal Sweet & sour chicken with carrot rice 	Halal Fish & chips with tomato ketchup
Veggies 	Carrots & peas 	Broccoli 	Broccoli, cauliflower & peas 	Selection from the salad bar 	Peas 
Pasta 	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 
Sweet Treats 	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 

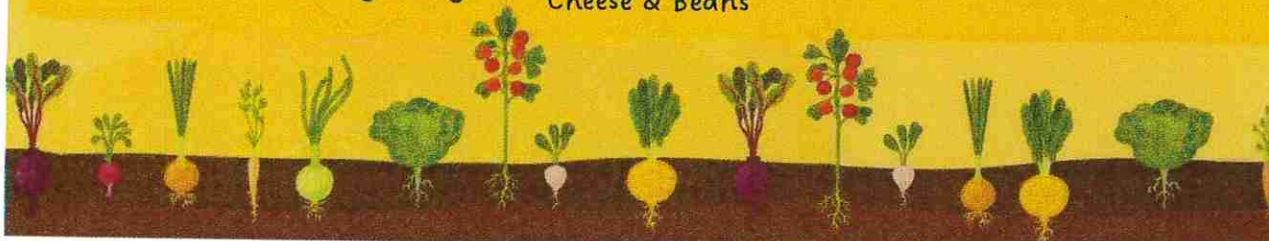
MENU WEEK 3

SERVED W/C: 23rd Feb, 16th Mar, 27th Apr, 18th May, 8th June, 29th June

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1 OPTION 2 HALAL	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
	Halal Beef nacho pasta bake	Halal Tomato, spinach & salmon pasta 	Halal roast chicken breast, roast potatoes & gravy	Zesty tomato, lentil & herb halal chicken with vegetable rice 	Halal fish fingers, chips & tomato ketchup
Veggies 	Sweetcorn	Peas & carrots	Cabbage, peas & carrot	Carrot, cucumber & tomato salad	Baked beans
Pasta 	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
Sweet Treats 	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