

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN
MEAL



OPTION
1

OPTION
2

Cheese & Bean
Lasagne



Margherita
Pizza & Wedges



Vegan Lentil & Stuffing
Pastry Roll



Vegan Bolognaise &
Penne Pasta



Vegan Vegetable
Nuggets & Chips



Ham & Cheese
Pasta

Traditional Creamy
Beef Lasagne



Roast Gammon with
Roast Potatoes & Gravy

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



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

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
	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
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Desserts available every day – a choice of jelly, fruit or yoghurt

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	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL 	OPTION 1 Mixed Vegetable & Bean Fajita & Oven Baked Wedges	Vegan Bolognaise Ragu Penne Pasta	Vegan Roast Quorn Fillet With Roast Potatoes & Gravy	Baked Creamy Mac 'N' Cheese	Vegan Sausage Roll & Chips
	OPTION 2 Quorn Dippers with Oven Baked Wedges & Tomato Ketchup	Beef Bolognaise Penne Pasta	Roast Chicken with Roast Potatoes & Gravy	Creamy Chicken Curry & Carrot Rice	MSC Approved Fish Fingers & Chips
VEGGIES 	Peas & Carrots	Sweetcorn	Broccoli, Cauliflower & Peas	Carrot & Mixed Salad	Beans
PASTA 	House Tomato Sauce	Cheese Sauce	House Tomato Sauce	Cheese 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 Yoghurt & Strawberry Sauce	Mixed Berry & Apple Crumble with Custard	Orange Jelly & Mandarins	Gingerbread Squares with Custard	Garden Brownie
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