MENU WEEK 1

SERVED W/C: 9th Nov | 30th Nov | 21st Dec | 11th Jan | 1st Feb | 22nd Feb | 15th Mar | 5th Apr

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Mixed bean chilli with carrot rice	Margherita pizza & oven baked wedges	Vegetable 'squashage' roll with roast potatoes & gravy	Plant based spiced 'veggieball' pasta	Smashed veggie burger with iceberg and vegan mayo
Main Meal OPTION 2	Mild beef & lentil chilli with carrot rice	Cajun chicken pizza & oven baked wedges	Roast gammon with roast potatoes & gravy	Creamy chicken, spinach & pesto pasta	Fish fingers, chips & tomato ketchup
Veggies	Green beans & sweetcorn	Broccoli	Broccoli & roasted carrot	Rainbow vegetables	Baked beans
Filled Rolls	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Cheese or Tuna mayo
Sweet Treats	Lemon shortbread	Chocolate & orange brownie	Orange jelly & mandarins	Oaty apple crumble & custard	Strawberry yogurt & strawberry sauce

Available Every Day –

Crunchy Colourful Salad Bar
Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit, Jelly or Yoghurt

KEY

Wholegrain | Vegetarian | Nutritionist's Choice | Vegan

MENU WEEK 2

SERVED W/C: 16th Nov | 7th Dec | 28th Dec | 18th Jan | 8th Feb | 1st Mar | 22nd Mar

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Vegetable sausages with mashed potatoes & gravy	Cheesy leek mac 'n' cheese	Roast Quorn fillet with roast potatoes & gravy	Cauliflower & chickpea korma with carrot rice	Vegetable nuggets, chips & tomato ketchup
Main Meal OPTION 2	Pork sausages with mashed potatoes & gravy	Beef & lentil pasta bake	Lemon roast chicken with roast potatoes & gravy	Chicken & chickpea korma with carrot rice	Fish & chips with tomato ketchup
Veggies	Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Baked beans
Filled Rolls	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Cheese or Tuna mayo
Sweet Treats	Sliced fruit selection	Apple & cinnamon crumble with custard	Chocolate sponge & chocolate sauce	Raspberry jelly	Chocolate mousse

Available Every Day –

Crunchy Colourful Salad Bar
Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit, Jelly or Yoghurt

KEY

Wholegrain | Vegetarian | Nutritionist's Choice | Vegan

MENU WEEK 3

SERVED W/C: 2nd Nov | 23rd Nov | 14th Dec | 4th Jan | 25th Jan | 15th Feb | 8th Mar | 29th Mar

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Margherita pizza & oven baked wedges	Butternut squash pasta bake	Vegetable sausages with roast potatoes & gravy	Smokey BBQ pieces & vegetable rice	Vegan sausage roll, chips & tomato ketchup
Main Meal OPTION 2	Sweet chilli salmon melt & oven baked wedges	Beef & bean bolognaise with pasta	Pork sausage stuffed yorkie, mashed potatoes and gravy	Smokey BBQ chicken with vegetable rice	Fish fingers, chips & tomato ketchup
Veggies	Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Baked beans
Filled Rolls	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Ham Cheese or Tuna mayo	Cheese or Tuna mayo
Sweet Treats	Chocolate shortbread	Fruit crumble & custard	Orange jelly & mandarins	Watermelon wedge	Strawberry yoghurt & strawberry sauce

Available Every Day –

Crunchy Colourful Salad Bar
Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit, Jelly or Yoghurt

KEY

Wholegrain | Vegetarian | Nutritionist's Choice | Vegan