MENU WEEK 1

SERVED W/C:

7th Sep | 28th Sep | 19th Oct | 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	Lemon & herb vegetable and chickpeas with baked potato 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	Rainbow vegetable stir fried rice	Lemon & herb chicken with baked potato 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	Peas
Pasta	Penne pasta with house tomato sauce	Creamy pesto penne pasta	Penne pasta with house tomato sauce	Creamy pesto penne pasta	Penne pasta with house tomato sauce
Filled Rolls	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise
Sweet Treats	Fruit & yoghurt	Chilled rice pudding with mixed berry compote	Watermelon wedge	Oaty apple crumble & custard	Fruit & yoghurt

Available Every Day –

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

KEY

Wholegrain | Vegetarian | Nutritionist's Choice | Vegan

MENU WEEK 2

SERVED W/C:

14th Sep | 5th Oct | 26th Oct | 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 & mashed potatoes with gravy	Cheesy leek mac 'n' cheese	Roast Quorn fillet with roast potatoes & gravy	Cauliflower & chickpea korma with carrot rice	Vegetable bites, chips & tomato ketchup
Main Meal OPTION 2	Roasted vegetable pasta bake	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	Peas
Pasta	Penne pasta with house tomato sauce	Penne pasta with house tomato sauce	Creamy pesto penne pasta	Creamy pesto penne pasta	Penne pasta with house tomato sauce
Filled Rolls	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise
Sweet Treats	Fruit & yoghurt	Pear crumble with cinnamon custard	Watermelon wedge	Sliced fruit selection	Fruit & yoghurt

Available Every Day –

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

KEY

Wholegrain | Vegetarian | Nutritionist's Choice | Vegan

MENU WEEK 3

SERVED W/C:

31st Aug | 21st Sep | 12th Oct | 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	Vegetable and chickpea stir fried rice	Butternut squash and bean pasta bake	Vegetable sausages with roast potatoes & gravy	Smokey BBQ pieces with chickpeas & vegetable rice	Vegan sausage roll, chips & tomato ketchup
Main Meal OPTION 2	Sweet chilli salmon melt & oven baked wedges	Beef & bean bolognaise with pasta	Roast chicken breast with roast potatoes & 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	Peas
Pasta	Creamy pesto penne pasta	Penne pasta with house tomato sauce	Penne pasta with house tomato sauce	Creamy pesto penne pasta	Penne pasta with house tomato sauce
Filled Rolls	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise
Sweet Treats	Fruit & yoghurt	Sliced fruit selection	Watermelon wedge	Mixed berry & apple crumble	Fruit & yoghurt

Available Every Day –

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

KEY

Wholegrain | Vegetarian | Nutritionist's Choice | Vegan