

ALLERGEN AWARE 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



Margherita pizza & oven baked wedges 	Mixed bean bolognaise with pasta (may contain soya) 	Vegetable sausages with roast potatoes & gravy 	Pea-powered vegetable stir fry with carrot rice 	Vegetable Sausages, chips & tomato ketchup 
Roasted vegetable pizza & oven baked wedges 	Beef & lentil bolognaise with pasta (may contain soya) 	Roast gammon with roast potatoes & gravy 	Creamy coconut chicken curry with carrot rice 	Fish & chips with tomato ketchup
Broccoli 	Carrots & peas 	Carrot & cabbage 	Broccoli & Cauliflower 	Baked beans 
Lemon shortbread biscuit 	Chocolate & banana brownie sponge 	Orange jelly & mandarins 	Baked apple & cinnamon sponge 	Raspberry jelly 

Veggies





Sweet Treats




Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise



KEY

Vegan  Nutritionist's Choice 

50-50 White & Wholegrain Rice 

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Main Meal

OPTION 1

OPTION 2

Margherita pizza & oven baked wedges	Pea-powered vegetable casserole & new potatoes	Cauliflower pasta bake (may contain soya)	Lentil & sweet potato dahl with vegetable rice	Vegetable Sausages, chips & tomato ketchup
Tomato, spinach & salmon pasta (may contain soya)	Chicken & vegetable casserole with new potatoes	Roast turkey breast, roast potatoes & gravy	Lemon & herb chicken with chickpeas & vegetable rice	Fish & chips with tomato ketchup
Broccoli	Peas	Carrots & cauliflower	Selection from the salad bar	Peas
Watermelon Wedge	Apple crumble	Lemon shortbread biscuit	Carrot cake with orange glaze	Raspberry jelly & mandarins

Veggies

Sweet Treats

Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise























KEY Vegan Nutritionist's Choice 50-50 White & Wholegrain Rice

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Main Meal

OPTION 1

OPTION 2

Pea-powered mild chilli with rice 	Vegetable sausages & mashed potatoes with gravy 	Vegetable sausages with roast potatoes & gravy 	Mac 'n' cheese (may contain soya) 	Margherita pizza, chips & tomato ketchup 
Mild beef & lentil chilli con carne with rice 	Pork sausages with mashed potatoes & gravy 	Roast chicken breast with roast potatoes & gravy 	BBQ chicken loaded mac 'n' cheese (may contain soya) 	Fish & chips with tomato ketchup 
Sweetcorn 	Peas & carrots 	Broccoli & carrots 	Selection from the salad bar 	Baked Beans 
Chocolate Shortbread 	Apple & Summer berry crumble 	Watermelon Wedge 	Raspberry jelly & mandarins 	Lemon shortbread biscuit 

Veggies

Sweet Treats

Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise



KEY Vegan  Nutritionist's Choice  50-50 White & Wholegrain Rice 