

# 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

**OPTION 1**  
Main Meal

**OPTION 2**



**Veggies**



**Filled Rolls**



**Sweet Treats**



Margherita pizza & oven baked wedges 	Mixed bean bolognaise with penne pasta 	Vegetable sausages with roast potatoes & gravy 	Pea-powered vegetable stir fry with carrot rice 	Vegetable nuggets, chips & tomato ketchup 
Pepperoni pizza & oven baked wedges	Beef & lentil bolognaise with penne pasta 	Roast gammon with roast potatoes & gravy	Creamy coconut chicken & chickpea curry with carrot rice 	Fish fingers, chips & tomato ketchup
Broccoli 	Carrots & peas 	Carrot & cabbage 	Broccoli & Cauliflower 	Baked beans 
Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Lemon shortbread biscuit 	Chocolate & banana brownie sponge 	Orange jelly & mandarins 	Baked apple & cinnamon sponge 	Strawberry yogurt & 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 

# 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

**OPTION 1**  
Main Meal

**OPTION 2**



**Veggies**



**Filled Rolls**



**Sweet Treats**



Margherita pizza & oven baked wedges 	Pea-powered vegetable pie & new potatoes 	Cheesy cauliflower pasta bake 	Lentil & sweet potato dahl with vegetable rice 	Vegetable sausages, chips & tomato ketchup 
Tomato, spinach & salmon pasta 	Chicken & vegetable pie 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 
Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Watermelon Wedge 	Oaty apple crumble & custard 	Chocolate Mousse 	Carrot cake with orange glaze 	Raspberry jelly & mandarins 

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

**OPTION 1**  
Main Meal

**OPTION 2**



**Veggies**



























**Filled Rolls**



**Sweet Treats**



Pea-powered mild chilli with rice 	Vegetable sausages & mashed potatoes with gravy 	Roast Quorn fillet with roast potatoes & gravy 	Baked creamy mac 'n' cheese 	Quorn dippers, chips & tomato ketchup 
Mild beef & lentil chilli con carne with rice 	Pork sausages (beef casing) with mashed potatoes & gravy 	Roast chicken breast, roast potatoes & gravy 	BBQ chicken loaded mac 'n' cheese 	Fish fingers, chips & tomato ketchup 
Sweetcorn 	Peas & carrots 	Broccoli & carrots 	Selection from the salad bar 	Baked Beans 
Ham Cheese Tuna mayo 	Ham Cheese Tuna mayo 	Ham Cheese Tuna mayo 	Ham Cheese Tuna mayo 	Cheese Tuna mayo 
Chocolate shortbread 	Apple & summer berry crumble with custard 	Strawberry yogurt & strawberry sauce 	Raspberry jelly & mandarins 	Chocolate fruit crispie cake 

Available Every Day -

Crunchy colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise & Cheese & Beans



**KEY**

Wholegrain  Vegetarian   
Nutritionist's Choice  Vegan 