

# MENU WEEK 1

SERVED W/C:

9<sup>th</sup> Nov | 30<sup>th</sup> Nov | 21<sup>st</sup> Dec | 11<sup>th</sup> Jan | 1<sup>st</sup> Feb  
22<sup>nd</sup> Feb | 15<sup>th</sup> Mar | 5<sup>th</sup> Apr

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

| Main Meal    | OPTION 1 |                                         | OPTION 2 |                                         |
|--------------|----------|-----------------------------------------|----------|-----------------------------------------|
|              | Icon     | Description                             | Icon     | Description                             |
| Veggies      |          | Margherita pizza & oven baked wedges    |          | Cheesy bean pasta bake                  |
|              |          | Cajun chicken pizza & oven baked wedges |          | Mild chilli beef & bean macaroni cheese |
|              |          | Green beans & sweetcorn                 |          | Broccoli                                |
|              |          | Penne pasta with house tomato sauce     |          | Penne pasta with a creamy cheese sauce  |
|              |          | Penne pasta with house tomato sauce     |          | Creamy pesto penne pasta                |
| Pasta        |          | Penne pasta with house tomato sauce     |          | Penne pasta with a creamy cheese sauce  |
|              |          | Penne pasta with house tomato sauce     |          | Penne pasta with a creamy cheese sauce  |
| Filled Rolls |          | Ham Cheese or Tuna mayo                 |          | Ham Cheese or Tuna mayo                 |
|              |          | Ham Cheese or Tuna mayo                 |          | Ham Cheese or Tuna mayo                 |
| Sweet Treats |          | Chocolate shortbread                    |          | Fruit crumble & custard                 |
|              |          | Chocolate shortbread                    |          | Fruit crumble & custard                 |
| Sweet Treats |          | Chocolate shortbread                    |          | Orange jelly & mandarins                |
|              |          | Chocolate shortbread                    |          | Orange jelly & mandarins                |
| Sweet Treats |          | Chocolate shortbread                    |          | Sliced fruit selection                  |
|              |          | Chocolate shortbread                    |          | Sliced fruit selection                  |
| Sweet Treats |          | Chocolate shortbread                    |          | Strawberry yogurt & strawberry sauce    |
|              |          | Chocolate shortbread                    |          | 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



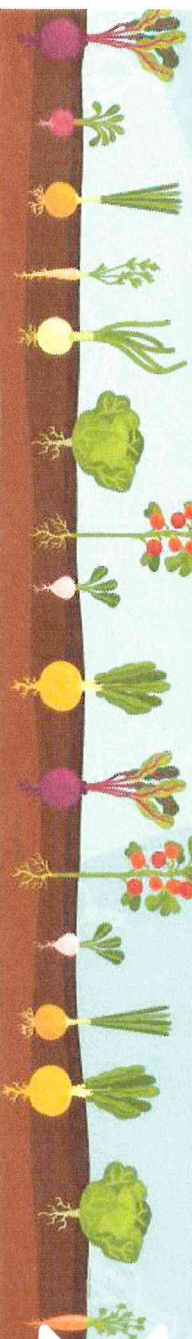
Vegetarian



Nutritionist's Choice



Vegan



# MENU WEEK 2

SERVED W/C:

16<sup>th</sup> Nov | 7<sup>th</sup> Dec | 28<sup>th</sup> Dec | 18<sup>th</sup> Jan | 8<sup>th</sup> Feb  
1<sup>st</sup> Mar | 22<sup>nd</sup> Mar

Innovate IFG

| Monday                                                                           |  |  |  |  |  | Tuesday |  |  |  |  |  | Wednesday                                    |  |  |  |  |  | Thursday                               |  |  |  |  |  | Friday                                                |  |  |  |  |  |                                                         |  |  |  |  |  |                                            |  |  |  |  |  |                                     |  |  |  |  |  |
|----------------------------------------------------------------------------------|--|--|--|--|--|---------|--|--|--|--|--|----------------------------------------------|--|--|--|--|--|----------------------------------------|--|--|--|--|--|-------------------------------------------------------|--|--|--|--|--|---------------------------------------------------------|--|--|--|--|--|--------------------------------------------|--|--|--|--|--|-------------------------------------|--|--|--|--|--|
| <div><div>Main Meal</div><div><div>OPTION 1</div><div>OPTION 2</div></div></div> |  |  |  |  |  |         |  |  |  |  |  | Margherita pizza & oven baked wedges         |  |  |  |  |  | Baked creamy mac 'n' cheese            |  |  |  |  |  | Roast Quorn fillet with mashed potatoes and gravy     |  |  |  |  |  | Mixed bean & vegetable fajita with Mexican rice         |  |  |  |  |  | Vegetable sausages, chips & tomato ketchup |  |  |  |  |  |                                     |  |  |  |  |  |
|                                                                                  |  |  |  |  |  |         |  |  |  |  |  | Sweet chilli salmon melt & oven baked wedges |  |  |  |  |  | BBQ chicken loaded mac 'n' cheese      |  |  |  |  |  | Pork sausage stuffed yokie, mashed potatoes and gravy |  |  |  |  |  | Mild beef chilli topped jacket potato with nacho crunch |  |  |  |  |  | Fish & chips with tomato ketchup           |  |  |  |  |  |                                     |  |  |  |  |  |
|                                                                                  |  |  |  |  |  |         |  |  |  |  |  | Veggies                                      |  |  |  |  |  | Peas                                   |  |  |  |  |  | Rainbow vegetables                                    |  |  |  |  |  | Broccoli & roasted carrots                              |  |  |  |  |  | Crudites and salad bar selection           |  |  |  |  |  | Baked beans                         |  |  |  |  |  |
|                                                                                  |  |  |  |  |  |         |  |  |  |  |  | Pasta                                        |  |  |  |  |  | Penne pasta with a creamy cheese sauce |  |  |  |  |  | Penne pasta with house tomato sauce                   |  |  |  |  |  | Creamy pesto penne pasta                                |  |  |  |  |  | Penne pasta with a creamy cheese sauce     |  |  |  |  |  | Penne pasta with house tomato sauce |  |  |  |  |  |
|                                                                                  |  |  |  |  |  |         |  |  |  |  |  | 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                                                                     |  |  |  |  |  |         |  |  |  |  |  | Watermelon wedge                             |  |  |  |  |  | Apple pie with custard                 |  |  |  |  |  | Chocolate sponge & chocolate sauce                    |  |  |  |  |  | Watermelon wedge                                        |  |  |  |  |  | Fruity flapjack                            |  |  |  |  |  |                                     |  |  |  |  |  |

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:

2<sup>nd</sup> Nov | 23<sup>rd</sup> Nov | 14<sup>th</sup> Dec | 4<sup>th</sup> Jan | 25<sup>th</sup> Jan  
15<sup>th</sup> Feb | 8<sup>th</sup> Mar | 29<sup>th</sup> Mar

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

| Main Meal                                                                           |                                           | Option 1                                                    |                                                | Option 2                                     |                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------|-------------------------------------------------------------|------------------------------------------------|----------------------------------------------|---------------------------------------|
| <div>Veggies</div> <div>Pasta</div> <div>Filled Rolls</div> <div>Sweet Treats</div> | Mixed bean, bolognaise with penne pasta   | Vegetable sausage stuffed yokie, mashed potatoes with gravy | Roast quorn fillet with roast potatoes & gravy | Cauliflower & chickpea korma with mixed rice | Quorn dippers, chips & tomato ketchup |
|                                                                                     | Beef & lentil bolognaise with penne pasta | Pork sausages with mashed potatoes & gravy                  | Roast chicken breast, roast potatoes & gravy   | Chicken & chickpea korma with mixed rice     | Fish fingers, chips & tomato ketchup  |
|                                                                                     | Green beans & sweetcorn                   | Peas & carrots                                              | Broccoli & roasted carrots                     | Tomato, cucumber & carrot salad              | Baked beans                           |
|                                                                                     | Penne pasta with a creamy cheese sauce    | Penne pasta with house tomato sauce                         | Penne pasta with a creamy cheese sauce         | Penne pasta with house tomato sauce          | Creamy pesto penne pasta              |
|                                                                                     | Ham Cheese or Tuna mayo                   | Ham Cheese or Tuna mayo                                     | Ham Cheese or Tuna mayo                        | Ham Cheese or Tuna mayo                      | Cheese or Tuna mayo                   |
|                                                                                     | Lemon shortbread                          | Orchard crumble with custard                                | Strawberry yogurt & strawberry sauce           | Chocolate & orange brownie                   | Sliced fruit selection                |

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



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Nutritionist's Choice



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