

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

Penne pasta with house tomato sauce (may contain soya) 	Pea-powered vegetable stir fry with carrot rice  	Vegetable sausages with roast potatoes & gravy 	Pea-powered mild chilli with rice  	Vegetable Sausages, chips & tomato ketchup 
Tomato, ham & broccoli pasta (may contain soya)	Sweet & sour chicken with carrot rice  	Roast gammon with roast potatoes & gravy	Mild beef & lentil chilli con carne with rice  	Fish & chips with tomato ketchup
Broccoli 	Peas 	Carrots & broccoli 	Sweetcorn 	Baked Beans 
Lemon shortbread biscuit 	Chocolate & banana brownie sponge 	Orange jelly & mandarins 	Watermelon wedge 	Raspberry jelly 

Veggies

Sweet Treats

Available Every Day - Crunchy colourful salad Bar & Homemade Bread



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 	Vegetable sausages & mashed potatoes with gravy 	Vegetable sausages with roast potatoes & gravy 	Penne pasta with house tomato sauce (may contain soya) 	Vegetable Sausages, chips & tomato ketchup
Tomato, spinach & salmon pasta (may contain soya) 	Pork sausages with mashed potatoes & gravy	Roast turkey breast, roast potatoes & gravy	Creamy coconut chicken curry with carrot rice 	Fish & chips with tomato ketchup
Sweetcorn 	Carrots 	Peas & broccoli 	Broccoli 	Peas
Watermelon wedge 	Carrot cake with orange glaze 	Raspberry Jelly & mandarins 	Apple crumble 	Chocolate Shortbread

Veggies

Sweet Treats

Available Every Day - Crunchy colourful salad Bar & Homemade Bread



KEY

Vegan Nutritionist's Choice

50-50 White & Wholegrain Rice

ALLERGEN AWARE 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

Main Meal

OPTION 1

OPTION 2

Veggies

Sweet Treats

Margherita pizza & oven baked wedges 	Penne pasta with house tomato sauce (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 chicken breast with roast potatoes & gravy 	Sticky chinese chicken & rice 	Fish & chips with tomato ketchup
Carrots & sweetcorn 	Peas 	Carrots & peas 	Broccoli 	Baked Beans
Watermelon wedge 	Apple crumble 	Orange jelly & mandarins 	Chocolate & banana brownie sponge 	Lemon shortbread biscuit

Available Every Day - Crunchy colourful salad Bar & Homemade Bread



KEY

Vegan Nutritionist's Choice

50-50 White & Wholegrain Rice