

MENU WEEK 1

SERVED W/C:

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

option 2

Penne pasta with house tomato sauce

5 bean chilli with Mexican rice

Roast quorn fillet with roast potatoes & gravy

Baked creamy mac 'n' cheese

Vegetable sausages, chips & tomato ketchup

Mild chilli beef & bean macaroni cheese

Chicken fajita with Mexican rice

Roast gammon with roast potatoes & gravy

Creamy chicken, spinach & pesto pasta

Fish fingers, chips & tomato ketchup

Veggies

Green beans & sweetcorn

Broccoli

Broccoli & roasted carrots

Rainbow vegetables

Baked beans

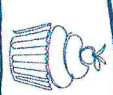
Filled Rolls



Ham Cheese or Tuna mayo

Ham Cheese or Tuna mayo

Sweet Treats



Chocolate shortbread

Fruit crumble & custard

Orange jelly & mandarins

Sliced fruit selection

Raspberry jelly

Available Every Day -

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

KEY

Wholegrain

Vegetarian

Nutritionist's Choice

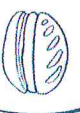
Vegan

MENU WEEK 2

SERVED W/C:

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  option 2 	Margherita pizza & oven baked wedges 	Vegetable sausages & mashed potatoes with gravy 	Roast Quorn fillet with roast potatoes & gravy 	Penne pasta with house tomato sauce 	Vegetable sausages, chips & tomato ketchup 
	Sweet chilli salmon melt & oven baked wedges	Pork sausages with mashed potatoes & gravy	Roast chicken breast with roast potatoes & gravy	Chicken & sweet potato katsu with rice 	Fish & chips with tomato ketchup
Veggies 	Peas 	Rainbow vegetables 	Broccoli & roasted carrots 	Crudites and salad bar selection 	Peas 
Filled Rolls 		Ham Cheese or Tuna mayo		Ham Cheese or Tuna mayo	
Sweet Treats 	Watermelon wedge 	Apple pie with custard 	Raspberry jelly & mandarins 	Sliced fruit selection 	Carrot cake shortbread 

Available Every Day -

Crunchy Colourful salad Bar & Homemade Bread
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:

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

Innovate IFG

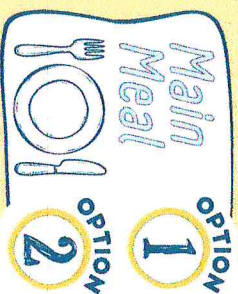
Monday

Tuesday

Wednesday

Thursday

Friday



Margherita pizza & oven baked wedges	Cheesy leek mae 'n' cheese	Roast Quorn fillet with roast potatoes & gravy	Vegetable & chickpea stir fry carrot rice	Vegetable sausages, chips & tomato ketchup
Cajun chicken pizza & oven baked wedges	Beef & lentil bolognaise with penne pasta	Roast chicken breast, roast potatoes & gravy	Tomato & herb chicken with rice	Fish fingers, chips & tomato ketchup
Green beans & sweetcorn	Pears & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Baked beans
Filled Rolls	Ham Cheese or Tuna mayo		Ham Cheese or Tuna mayo	
Sweet Treats	Oaty apple crumble & custard	Orange jelly & mandarins	Chocolate orange brownie	Lemon shortbread

Available Every Day -

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

KEY

Wholegrain

Vegetarian

Nutritionists Choice

Vegan