

ALLERGEN AWARE
MENU WEEK 1

SERVED W/C

7th September, 28th September,
19th October

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

Veggies



Broccoli



Carrots & peas



Carrot & cabbage



Broccoli & cauliflower



Baked beans



Sweet
Treats



Lemon shortbread biscuit



Chocolate & banana
brownie sponge



Orange jelly & mandarins



Baked apple & cinnamon
sponge



Raspberry jelly



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

Veggies



Broccoli



Peas



Carrots & cauliflower



Selection from the salad bar



Peas



Sweet
Treats



Watermelon wedge



Apple crumble



Lemon shortbread biscuit



Carrot cake
with orange glaze



Raspberry jelly
& mandarins



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

Veggies



Sweetcorn



Peas & carrots



Broccoli & carrots



Selection from the salad bar



Baked beans



Sweet
Treats



Chocolate shortbread



Apple & Summer berry
crumble



Watermelon wedge



Raspberry jelly
& mandarins



Lemon shortbread biscuit



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