ALLERGEN AWARE MENU WEEK 1

SERVED W/C

7th Sep | 28th Sep | 19th Oct | 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	Mixed bean chilli with carrot rice	Lemon & herb vegetable and chickpeas with baked potato wedges	Vegetable sausages with roast potatoes & gravy	Plant based spiced 'veggieball' pasta (may contain soya)	Smashed veggie burger with iceberg and vegan mayo
Main Meal OPTION 2	Rainbow vegetable stir fried rice	Lemon & herb chicken with baked potato wedges	Roast gammon with roast potatoes & gravy	Creamy chicken, spinach & pesto pasta (may contain soya)	Fish & chips with tomato ketchup
Veggies	Green beans & sweetcorn	Broccoli	Broccoli & roasted carrots	Rainbow vegetables	Peas
Sweet Treats	Sliced fruit selection	Pineapple and mixed berry compote	Watermelon wedge	Apple crumble	Sliced fruit selection

Available Every Day –

Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
Fresh Fruit or Jelly

KEY

Vegan
Nutritionist's Choice
50-50 White & Wholegrain Rice

ALLERGEN AWARE MENU WEEK 2

SERVED W/C

14th Sep | 5th Oct | 26th Oct | 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	Vegetable sausages & mashed potatoes with gravy	Cheesy leek mac 'n' cheese (may contain soya)	Vegan cottage pie	Cauliflower & chickpea korma with carrot rice	Chickpea & vegetable fritter, chips & tomato ketchup
Main Meal Option 2	Roasted vegetable pasta bake (may contain soya)	Beef & lentil pasta bake (may contain soya)	Lemon roast chicken with roast potatoes & gravy	Chicken & chickpea korma with carrot rice	Fish & chips with tomato ketchup
Veggies	Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Peas
Sweet Treats	Sliced fruit selection	Pear crumble	Watermelon wedge	Sliced fruit selection	Watermelon wedge

Available Every Day –
Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
Fresh Fruit or Jelly

KEY
Vegan
Nutritionist's Choice
50-50 White & Wholegrain Rice

ALLERGEN AWARE MENU WEEK 3

SERVED W/C

31st Aug | 21st Sep | 12th Oct | 2nd Nov
23rd Nov | 14th Dec | 4th Jan | 25th Jan
15th Feb | 8th Mar | 29th Mar

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Vegetable and chickpea stir fried rice	Butternut squash and bean pasta bake (may contain soya)	Vegetable sausages with roast potatoes & gravy	Smokey BBQ pieces with chickpeas & vegetable rice	Crispy carrot & chickpea pattie, with chips & tomato ketchup
Main Meal Option 2	Sweet chilli salmon melt & oven baked wedges	Beef & bean bolognaise with pasta (may contain soya)	Roast chicken breast with roast potatoes & gravy	Smokey BBQ chicken with vegetable rice	Fish & chips with tomato ketchup
Veggies	Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Peas
Sweet Treats	Pineapple and peach pot	Sliced fruit selection	Watermelon wedge	Mixed berry & apple crumble	Sliced fruit selection

Available Every Day –
Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
Fresh Fruit or Jelly

KEY
Vegan
Nutritionist's Choice
50-50 White & Wholegrain Rice