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	Margherita pizza & oven baked wedges	Cheesy bean pasta bake	Vegetable sausages with roast potatoes & gravy	5 bean chilli with Mexican rice	Vegetable nuggets, chips & tomato ketchup
Main Meal OPTION 2	Cajun chicken pizza & oven baked wedges	Mild chilli beef & bean macaroni cheese	Roast gammon with roast potatoes & gravy	Chicken fajita with Mexican rice	Fish fingers, chips & tomato ketchup
Veggies	Green beans & sweetcorn	Broccoli	Broccoli & roasted carrot	Rainbow vegetables	Baked beans
Pasta	Penne pasta with house tomato sauce	Penne pasta with a creamy cheese 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	Chocolate shortbread	Fruit crumble & custard	Orange jelly & mandarins	Sliced fruit selection	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: 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	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
Main Meal OPTION 2	Sweet chilli salmon melt & oven baked wedges	BBQ chicken loaded mac 'n' cheese	Pork sausage stuffed yorkie, 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: 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	Mixed bean bolognaise with penne pasta	Vegetable sausage stuffed yorkie, mashed potatoes with gravy	Roast Quorn fillet with roast potatoes & gravy	Cauliflower & chickpea korma with mixed rice	Quorn dippers, chips & tomato ketchup
Main Meal OPTION 2	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
Veggies	Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Baked beans
Pasta	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
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	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
Vegetarian
Nutritionist's Choice
Vegan