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	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
Main Meal OPTION 2	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

ALLERGEN AWARE MENU WEEK 2

SERVED W/C 9th Mar, 20th Apr, 11th May, 1st June, 22nd June, 13th July

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	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
Main Meal OPTION 2	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

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	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
Main Meal OPTION 2	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