ALLERGEN AWARE 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	Lemon & herb vegetable and chickpeas with baked potato wedges	Mixed bean bolognaise with pasta (may contain soya)	Vegetable sausages with roast potatoes & gravy	5 bean chilli with Mexican rice	Smokey BBQ pieces, potato wedges & tomato ketchup
Main Meal OPTION 2	Rainbow vegetable stir fried rice	Mild chilli beef & bean pasta bake (may contain soya)	Roast gammon with roast potatoes & gravy	Chicken fajita with Mexican rice	Fish & potato wedges with tomato ketchup
Veggies	Green beans & sweetcorn	Broccoli	Broccoli & roasted carrot	Rainbow vegetables	Peas
Sweet Treats	Pineapple	Fruit crumble	Sliced fruit selection	Raspberry jelly & mandarins	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 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	Vegetable and chickpea stir fried rice	Baked creamy mac 'n' cheese (may contain soya)	Vegetable sausages with roast potatoes & gravy	Mixed bean & vegetable fajita with Mexican rice	Cauliflower & chickpea bhajis with potato wedges
Main Meal OPTION 2	Sweet chilli salmon melt & oven baked wedges	BBQ chicken loaded mac 'n' cheese (may contain soya)	Roast chicken breast with roast potatoes & gravy	Mild beef chilli topped jacket potato with nacho crunch	Fish & potato wedges with tomato ketchup
Veggies	Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Peas
Sweet Treats	Watermelon wedge	Raspberry jelly & mandarins	Sliced fruit selection	Pineapple and peach pot	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 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 pasta (may contain soya)	Vegetable sausages & mashed potatoes with gravy	Mixed bean chilli topped jacket potato	Cauliflower & chickpea korma with mixed rice	Smokey BBQ pieces, potato wedges & tomato ketchup
Main Meal OPTION 2	Rainbow vegetable stir fried rice	Pork sausages with mashed potatoes & gravy	Roast chicken breast with roast potatoes & gravy	Chicken & chickpea korma with mixed rice	Fish & potato wedges with tomato ketchup
Veggies	Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Peas
Sweet Treats	Watermelon wedge	Pineapple and peach pot	Sliced fruit selection	Orchard crumble	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