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	Cheesy bean pasta bake	Vegetable sausages with roast potatoes & gravy	5 bean chilli with Mexican rice	Vegetable bites, potato wedges & tomato ketchup
Main Meal OPTION 2	Rainbow vegetable stir fried rice	Mild chilli beef & bean macaroni cheese	Roast gammon with roast potatoes & gravy	Chicken fajita with Mexican rice	Fish fingers, potato wedges & tomato ketchup
Veggies	Green beans & sweetcorn	Broccoli	Broccoli & roasted carrot	Rainbow vegetables	Peas
Pasta	Penne pasta with house tomato sauce	Creamy pesto penne pasta	Penne pasta with house tomato sauce	Creamy pesto penne pasta	Penne pasta with house tomato sauce
Filled Rolls	Cheese or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Cheese	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise
Sweet Treats	Fruit & yoghurt	Fruit crumble & custard	Sliced fruit selection	Rice pudding with peaches	Fruit & yoghurt

Available Every Day –

Wholemeal Bread & Crunchy Colourful Salad Bar
Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit 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	Vegetable and chickpea stir fried rice	Baked creamy mac 'n' cheese	Roast Quorn fillet with roast potatoes & gravy	Mixed bean & vegetable fajita with Mexican rice	Vegetable sausages, potato wedges & tomato ketchup
Main Meal OPTION 2	Sweet chilli salmon melt & oven baked wedges	BBQ chicken loaded mac 'n' cheese	Roast chicken breast with roast potatoes & gravy	Mild beef chilli topped jacket potato	Fish & potato wedges with tomato ketchup
Veggies	Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Peas
Pasta	Penne pasta with house tomato sauce	Penne pasta with house tomato sauce	Creamy pesto penne pasta	Creamy pesto penne pasta	Penne pasta with house tomato sauce
Filled Rolls	Cheese or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Cheese	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise
Sweet Treats	Fruit & yoghurt	Apple pie with custard	Sliced fruit selection	Rice pudding with peaches	Fruit & yoghurt

Available Every Day –

Wholemeal Bread & Crunchy Colourful Salad Bar
Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit 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 with mashed potatoes & gravy	Roast Quorn fillet with roast potatoes & gravy	Cauliflower & chickpea korma with mixed rice	Quorn bites, potato wedges & tomato ketchup
Main Meal OPTION 2	Rainbow vegetable stir fried rice	Pork sausages (beef casing) stuffed yorkie with mashed potatoes & gravy	Roast chicken breast, roast potatoes & gravy	Chicken & chickpea korma with mixed rice	Fish fingers, potato wedges & tomato ketchup
Veggies	Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Peas
Pasta	Creamy pesto penne pasta	Penne pasta with house tomato sauce	Penne pasta with a creamy cheese sauce	Creamy pesto penne pasta	Penne pasta with house tomato sauce
Filled Rolls	Cheese or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Cheese	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise
Sweet Treats	Fruit & yoghurt	Rice pudding with peaches	Sliced fruit selection	Orchard crumble with custard	Fruit & yoghurt

Available Every Day –

Wholemeal Bread & Crunchy Colourful Salad Bar
Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit or Yoghurt

KEY

Wholegrain | Vegetarian | Nutritionist's Choice | Vegan