MENU WEEK 1

SERVED W/C: 7th Sep, 28th Sep, 19th Oct, 9th Nov, 30th Nov

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Margherita pizza & oven baked wedges	Mixed bean bolognaise with penne pasta	Vegetable sausages with roast potatoes & gravy	Pea-powered vegetable stir fry with carrot rice	Vegetable nuggets, chips & tomato ketchup
Main Meal OPTION 2	Pepperoni pizza & oven baked wedges	Beef & lentil bolognaise with penne pasta	Roast gammon with roast potatoes & gravy	Creamy coconut chicken & chickpea curry with carrot rice	Fish fingers, chips & tomato ketchup
Veggies	Broccoli	Carrots & peas	Carrot & cabbage	Broccoli & cauliflower	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
Sweet Treats	Lemon shortbread biscuit	Chocolate & banana brownie sponge	Orange jelly & mandarins	Baked apple & cinnamon sponge	Strawberry yogurt & strawberry sauce

Available Every Day – Crunchy Colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans

KEY

Wholegrain | Vegetarian | Nutritionist's Choice | Vegan

MENU WEEK 2

SERVED W/C: 24th Aug, 14th Sep, 5th Oct, 26th Oct, 16th Nov, 7th Dec

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Margherita pizza & oven baked wedges	Pea-powered vegetable pie & new potatoes	Cheesy cauliflower pasta bake	Lentil & sweet potato dahl with vegetable rice	Vegetable sausages, chips & tomato ketchup
Main Meal OPTION 2	Tomato, spinach & salmon pasta	Chicken & vegetable pie 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
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
Sweet Treats	Watermelon wedge	Oaty apple crumble & custard	Chocolate mousse	Carrot cake with orange glaze	Raspberry jelly & mandarins

Available Every Day – Crunchy Colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans

KEY

Wholegrain

Vegetarian

Nutritionist's Choice

Vegan

MENU WEEK 3

SERVED W/C: 31st Aug, 21st Sep, 12th Oct, 2nd Nov, 23rd Nov, 14th Dec

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Pea-powered mild chilli with rice	Vegetable sausages & mashed potatoes with gravy	Roast Quorn fillet with roast potatoes & gravy	Baked creamy mac 'n' cheese	Quorn dippers, chips & tomato ketchup
Main Meal OPTION 2	Mild beef & lentil chilli con carne with rice	Pork sausages (beef casing) with mashed potatoes & gravy	Roast chicken breast, roast potatoes & gravy	BBQ chicken loaded mac 'n' cheese	Fish fingers, chips & tomato ketchup
Veggies	Sweetcorn	Peas & carrots	Broccoli & carrots	Selection from the salad bar	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
Sweet Treats	Chocolate shortbread	Apple & summer berry crumble with custard	Strawberry yogurt & strawberry sauce	Raspberry jelly & mandarins	Chocolate fruit crispie cake

Available Every Day – Crunchy Colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans



KEY

Wholegrain · Vegetarian · Nutritionist's Choice · Vegan