



MENU WEEK 1



Innovate **IFG**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Main	Ham & Cheese pasta with Carrots & Peas	Beef Lasagne with Broccoli	Roast Gammon with Roast Potatoes, Veg & Gravy	Sweet & Sour Chicken with Rice and Peas	Fish Fingers with Chips and Beans
Vegetarian	Cheese & Bean Lasagne with Carrots & Peas	Margherita Pizza with Potato Wedges & Broccoli	Vegan Lentil & stuffing Pastry Roll with Veg	Vegan Bolognaise and Penna Pasta with Peas	Vegan Vegetable Nuggets with Chips & Beans
Pasta	Tomato sauce	Cheese sauce	Tomato sauce	Cheese sauce	Creamy Pesto
Dessert	Fruit/Yoghurt	Chocolate & Banana Brownie	Strawberry Yoghurt & Strawberry Sauce	Fruit/Yoghurt	Raspberry Jelly

Available Every Day – Jacket Potato with either Cheese, Beans, Tuna Mayo or Cheese and Beans



MENU WEEK 2



Innovate **IFG**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Main	Salmon Pasta Bake with Peas	Pork & Beef Sausage, Mashed Potatoes & Gravy with Carrots & Peas	Roast Turkey with Roast Potatoes, Veg & Gravy	Mild Caribbean Chicken Curry & Carrot Rice	Fish & Chips with Beans
Vegetarian	Margherita Pizza with Potato Wedges & Peas	Vegan Sausage, Mashed Potatoes & Gravy with Carrots & Peas	Vegan Cottage Pie with Veg and Gravy	Cheesy Cauliflower Pasta Bake	Tex-Mex Vegetable Fajita Wrap with Chips & Beans
Pasta	Cheese sauce	Tomato sauce	Cheese sauce	Tomato sauce	Creamy Pesto
Dessert	Strawberry Mousse	Oaty Apple Crumble & Custard	Flapjack	Fruit/Yoghurt	Raspberry Jelly & Mandarins

Available Every Day – Jacket Potato with either Cheese, Beans, Tuna Mayo or Cheese and Beans



MENU WEEK 3



Innovate **IFG**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Main	Chicken Pie with Mashed Potatoes, Veg & Gravy	Beef Bolognaise with Sweetcorn	Roast Chicken with Roast Potatoes with Veg & Gravy	Creamy Chicken Curry with Carrott Rice	Fish fingers with Chips & Beans
Vegetarian	Mixed Vegetable & Bean Fajita with Potato Wedges and Veg	Vegan Bolognaise with Sweetcorn	Vegan Roast Quron Fillet with Roast Potatoes with Veg a& Gravy	Baked Mac 'N' cheese	Vegan Sausage Roll with Chips & Beans
Pasta	Tomato sauce	Cheese sauce	Tomato sauce	Cheese sauce	Creamy Pesto
Dessert	Strawberry Yoghurt & Strawberry Sauce	Mixed Berry & Apple Crumble with Custard	Orange Jelly & Mandarins	Fruit/Yoghurt	Fruit/Yoghurt

Available Every Day – Jacket Potato with either Cheese, Beans, Tuna Mayo or Cheese and Beans