

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

OPTION 1

OPTION 2

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, chips & tomato ketchup

Rainbow vegetable stir fried rice

Mild chilli beef & bean macaroni cheese

Roast gammon with roast potatoes & gravy

Chicken fajita with Mexican rice

Fish fingers, chips & tomato ketchup

Green beans & sweetcorn

Broccoli

Broccoli & roasted carrot

Rainbow vegetables

Peas

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

Egg mayonnaise or Tuna mayonnaise

Egg mayonnaise or Tuna mayonnaise

Egg mayonnaise or Tuna mayonnaise

Egg mayonnaise or Tuna mayonnaise

Egg mayonnaise or Tuna mayonnaise

Fruit & yoghurt

Fruit crumble & custard

Sliced fruit selection

Rice pudding with peaches

Fruit & yoghurt

Veggies

Pasta

Filled Rolls

Sweet Treats

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



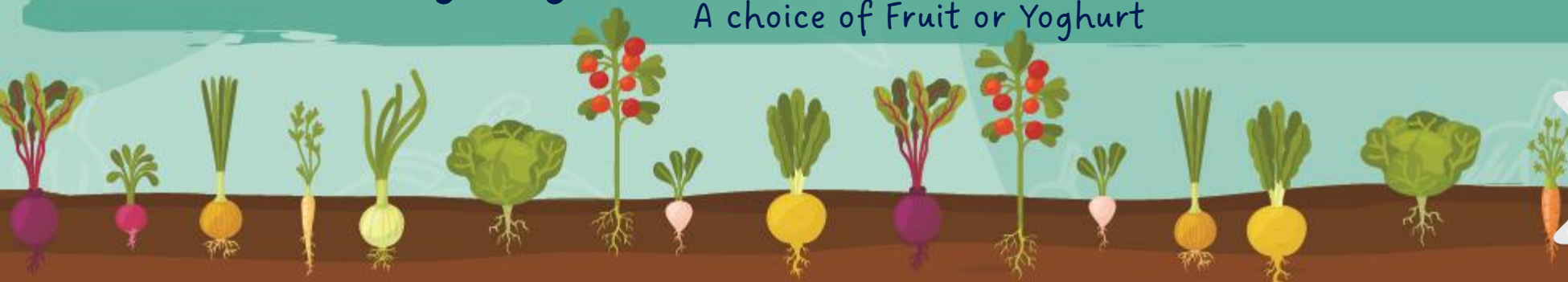
Vegetarian



Nutritionist's Choice



Vegan



MENU WEEK 2

SERVED W/C:

14th Sep | 5th Oct | 26th Oct | 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

OPTION 2



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, chips & tomato ketchup



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 & chips 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



Egg mayonnaise or Tuna mayonnaise

Egg mayonnaise or Tuna mayonnaise

Egg mayonnaise or Tuna mayonnaise

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	OPTION 1				
	OPTION 2				
Veggies	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, chips & tomato ketchup
	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, chips & tomato ketchup
Pasta	Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Peas
	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	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise	Egg mayonnaise or Tuna mayonnaise
	Fruit & yoghurt	Rice pudding with peaches	Sliced fruit selection	Orchard crumble with custard	Fruit & yoghurt
Sweet Treats					

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