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	Margherita pizza & oven baked wedges	Cheesy bean pasta bake	Vegetable sausages with roast potatoes & gravy	5 bean chilli with Mexican rice	Vegetable nuggets, chips & tomato ketchup
Main Meal OPTION 2	Cajun chicken pizza & oven baked wedges	Mild chilli beef & bean macaroni cheese	Roast gammon with roast potatoes & gravy	Chicken fajita with Mexican rice	Fish fingers, chips & tomato ketchup
Veggies	Green beans & sweetcorn	Broccoli	Broccoli & roasted carrot	Rainbow vegetables	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	Chocolate shortbread	Fruit crumble & custard	Orange jelly & mandarins	Sliced fruit selection	Strawberry yogurt & strawberry sauce

Available Every Day –

Crunchy Colourful Salad Bar
Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit, Jelly 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	Margherita pizza & oven baked wedges	Baked creamy mac 'n' cheese	Roast Quorn fillet with mashed potatoes and gravy	Mixed bean & vegetable fajita with Mexican rice	Vegetable sausages, chips & tomato ketchup
Main Meal OPTION 2	Sweet chilli salmon melt & oven baked wedges	BBQ chicken loaded mac 'n' cheese	Pork sausage stuffed yorkie, mashed potatoes and gravy	Mild beef chilli topped jacket potato with nacho crunch	Fish & chips with tomato ketchup
Veggies	Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Baked beans
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	Apple pie with custard	Chocolate sponge & chocolate sauce	Watermelon wedge	Fruity flapjack

Available Every Day –

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

KEY

Wholegrain | Vegetarian | Nutritionist's Choice | Vegan

MENU WEEK 3

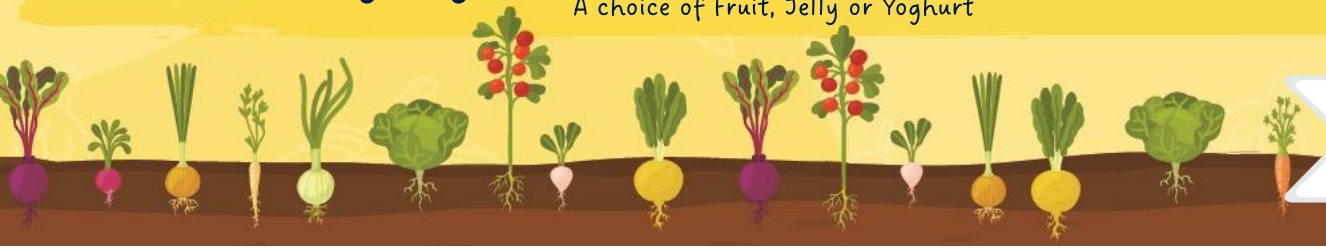
SERVED W/C: 2nd Nov | 23rd Nov | 14th Dec | 4th Jan | 25th Jan | 15th Feb | 8th Mar | 29th Mar

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Mixed bean bolognaise with penne pasta	Vegetable sausage stuffed yorkie, mashed potatoes with gravy	Roast Quorn fillet with roast potatoes & gravy	Cauliflower & chickpea korma with mixed rice	Quorn dippers, chips & tomato ketchup
Main Meal OPTION 2	Beef & lentil bolognaise with penne pasta	Pork sausages with mashed potatoes & gravy	Roast chicken breast, roast potatoes & gravy	Chicken & chickpea korma with mixed rice	Fish fingers, chips & tomato ketchup
Veggies	Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	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	Lemon shortbread	Orchard crumble with custard	Strawberry yogurt & strawberry sauce	Chocolate & orange brownie	Sliced fruit selection

Available Every Day –

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



KEY

Wholegrain | Vegetarian | Nutritionist's Choice | Vegan