

# ALLERGEN AWARE MENU WEEK 1

SERVED W/C

13th Apr, 4th May, 15th June, 6th July

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Margherita pizza & oven baked wedges



Mixed bean bolognese with pasta (may contain soya)



Vegetable sausages with roast potatoes & gravy



Pea-powered vegetable stir fry with carrot rice



Vegetable Sausages, chips & tomato ketchup



Roasted vegetable pizza & oven baked wedges



Beef & lentil bolognese with pasta (may contain soya)



Roast gammon with roast potatoes & gravy

Creamy coconut chicken curry with carrot rice



Fish & chips with tomato ketchup

Roasted vegetable pizza & oven baked wedges



Halal beef & lentil bolognese with pasta (may contain soya)



Halal roast chicken breast with roast potatoes & gravy

Halal creamy coconut chicken curry with carrot rice



Halal Fish & chips with tomato ketchup

Broccoli



Carrots & peas



Carrot & cabbage



Broccoli & Cauliflower



Baked beans



Lemon shortbread biscuit



Chocolate & carrot brownie



Orange jelly & mandarins



Baked apple & cinnamon sponge



Raspberry jelly



Main Meal



OPTION 1

1

OPTION 2

2

HALAL

Veggies



Sweet Treats



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



KEY

Vegan



Nutritionist's Choice



50-50 White & Wholegrain Rice



# ALLERGEN AWARE MENU WEEK 2

SERVED W/C

20th Apr, 11th May, 1st June,  
22nd June, 13th July

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Margherita pizza & oven baked wedges



Pea-powered vegetable casserole & new potatoes



Cauliflower pasta bake (may contain soya)



Lentil & sweet potato dahl with vegetable rice



Vegetable Sausages, chips & tomato ketchup



Tomato, spinach & salmon pasta (may contain soya)



Chicken & vegetable casserole with new potatoes



Roast turkey breast, roast potatoes & gravy

Lemon & herb chicken with chickpeas & vegetable rice



Fish & chips with tomato ketchup

Halal Tomato, spinach & salmon pasta (may contain soya)



Halal chicken & vegetable casserole with new potatoes



Halal Roast turkey breast, roast potatoes & gravy

Halal Lemon & herb chicken with chickpeas & vegetable rice



Halal Fish & chips with tomato ketchup

Broccoli



Peas



Carrots & cauliflower



Selection from the salad bar



Peas



Watermelon Wedge



Apple crumble



Lemon shortbread biscuit



Carrot cake with orange glaze



Raspberry jelly & mandarins



Main Meal



OPTION 1

1

OPTION 2

2

HALAL

Veggies



Sweet Treats



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



KEY

Vegan



Nutritionist's Choice



50-50 White & Wholegrain Rice



# ALLERGEN AWARE MENU WEEK 3

SERVED W/C

27th Apr, 18th May, 8th June, 29th June

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Pea-powered mild chilli with rice



Vegetable sausages & mashed potatoes with gravy



Vegetable sausages with roast potatoes & gravy



Mac 'n' cheese (may contain soya)



Margherita pizza, chips & tomato ketchup



Mild beef & lentil chilli con carne with rice



Pork sausages with mashed potatoes & gravy

Roast chicken breast with roast potatoes & gravy

BBQ chicken loaded mac 'n' cheese (may contain soya)

Fish & chips with tomato ketchup

Halal mild beef & lentil chilli con carne with rice



Vegetable sausages & mashed potatoes with gravy



Halal roast chicken breast with roast potatoes & gravy

Halal BBQ chicken loaded mac 'n' cheese (may contain soya)

Halal Fish & chips with tomato ketchup

Sweetcorn



Peas & carrots



Broccoli & carrots



Selection from the salad bar



Baked Beans



Chocolate shortbread



Apple & Summer berry crumble



Watermelon Wedge



Raspberry jelly & mandarins



Lemon shortbread biscuit



Main Meal



OPTION 1

OPTION 2

HALAL

Veggies



Sweet Treats



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



KEY

Vegan Nutritionist's Choice

50-50 White & Wholegrain Rice