

ALLERGEN AWARE MENU WEEK 1

SERVED w/c 13th Apr, 4th May, 15th June, 6th July

Innovate IFG

Monday

Tuesday

Wednesday


Thursday






















Friday

Main Meal

Vegetarian

Classic



Margherita pizza & oven baked wedges 	Mixed bean bolognaise 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 bolognaise with pasta (may contain soya) 	Roast gammon with roast potatoes & gravy	Creamy coconut chicken curry with carrot rice  	Fish & chips with tomato ketchup
Broccoli 	Carrots & peas 	Carrot & cabbage 	Broccoli & Cauliflower 	Baked beans 
Lemon shortbread biscuit 	Chocolate & banana brownie sponge 	Orange jelly & mandarins 	Baked apple & cinnamon sponge 	Raspberry jelly 

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 

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal  Vegetarian Classic	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
Veggies 	Broccoli 	Peas 	Carrots & cauliflower 	Selection from the salad bar 	Peas 
Sweet Treats 	Watermelon Wedge 	Apple crumble 	Lemon shortbread biscuit 	Carrot cake with orange glaze 	Raspberry jelly & mandarins 

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KEY Vegan  Nutritionist's Choice 
 50-50 White & Wholegrain Rice 

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

Vegetarian

Classic

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
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

Veggies

Sweet Treats

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



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