

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN
MEAL



MEAT
1

VEGGIE
2

Sticky Chinese Chicken
& Vegetable Rice

Traditional Creamy
Beef Lasagne



Roast Gammon with
Roast Potatoes & Gravy

Chicken in a Katsu Curry
Sauce & Rice



MSC Approved Fish
Fingers & Chips

Cheese & Bean
Lasagne



Margherita
Pizza & Wedges



Vegan Lentil & Stuffing
Pastry Roll



BBQ Quorn & Peppers
& Rice



Vegan Vegetable
Nuggets & Chips



Carrots
& Peas



Broccoli



Roasted
Carrots & Parsnips



Peas



Beans



Cheese
Sauce



House Tomato
Sauce



Cheese
Sauce



House Tomato
Sauce



Creamy
Pesto



Ham
Cheese

Chicken
Egg

Ham
Cheese

Tuna Mayo
Cheese

Egg
Cheese

AVAILABLE EVERY DAY

Jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET
TREATS



Blueberry
Cookie Bar



Chocolate &
Banana Brownie



Original
Flapjack



Apple &
Cocoa Sponge



Raspberry
Jelly



KEY

Nutritionist's Choice



Vegetarian



Vegan



Added Wholewheat



MENU WEEK 2

SERVED W/C: 3rd Nov | 24th Nov | 15th Dec | 5th Jan | 26th Jan
| 16th Feb | 9th Mar | 30th Mar | 20th Apr

Innovate IFG

Monday

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MAIN MEAL



MEAT
1

VEGGIE
2

VEGGIES



PASTA



FILLED ROLLS



MSC Approved
Salmon Pasta Bake



Pork & Beef Sausage,
Mashed Potatoes & Gravy

Roast Turkey with
Roast Potatoes & Gravy

Mild Caribbean Chicken
Curry & Carrot Rice



MSC Approved
Fish & Chips

Margherita
Pizza & Wedges



Vegan Sausage with Mashed
Potatoes & Gravy



Vegan Cottage Pie &
Gravy



Cheesy Cauliflower
Pasta Bake



Tex-Mex Vegetable
Fajita Wrap



Peas



Carrot
& Peas



Broccoli &
Cauliflower



Carrot &
Mixed Salad



Baked
Beans



Cheese
Sauce



House Tomato
Sauce



Cheese
Sauce



House Tomato
Sauce



Creamy
Pesto



Tuna Mayo
Cheese

Chicken
Egg

Ham
Cheese

Tuna Mayo
Cheese

Egg
Cheese

AVAILABLE EVERY DAY

Jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS



Vegan Lemon
Shortbread



Oaty Date
Cookie



Original
Flapjack



Chocolate &
Carrot Muffin



Raspberry Jelly &
Mandarins



KEY

Nutritionist's Choice



Vegetarian



Vegan



Added Wholewheat



	Monday	Tuesday	Wednesday	Thursday	Friday
MEAT 1	Chicken Pie with Mashed Potatoes & Gravy	Beef Bolognaise Penne Pasta	Roast Chicken with Roast Potatoes & Gravy	Creamy Chicken Curry & Carrot Rice	MSC Approved Fish Fingers & Chips
VEGGIE 2	Mixed Vegetable & Bean Fajita & Oven Baked Wedges	Vegan Bolognaise Ragu Penne Pasta	Vegan Roast Quorn Fillet with Roast Potatoes & Gravy	Baked Creamy Mac 'N' Cheese	Vegan Sausage Roll & Chips
VEGGIES	Peas & Carrots	Sweetcorn	Broccoli & Peas	Carrot & Mixed Salad	Beans
PASTA	House Tomato Sauce	Cheese Sauce	House Tomato Sauce	Cheese Sauce	Creamy Pesto
FILLED ROLLS	Ham Cheese	Chicken Egg	Ham Cheese	Tuna Mayo Cheese	Egg Cheese

AVAILABLE EVERY DAY

Jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS	Original Flapjack	Banana Sponge Cake	Orange Jelly & Mandarins	Gingerbread Squares	Garden Brownie
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KEY

Nutritionist's Choice

Vegetarian  Vegan  Added Wholewheat 

