

ALLERGEN AWARE
MENU WEEK 1

SERVED W/C

2nd Mar, 23rd Mar, 13th Apr, 4th
May, 15th June, 6th July

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Main
Meal

OPTION
1

OPTION
2



Veggies



Sweet
Treats



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



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

9th Mar, 20th Apr, 11th May, 1st
June, 22nd June, 13th July

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Main
Meal

OPTION
1

OPTION
2



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



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

OPTION
1

OPTION
2

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

Veggies



Sweetcorn



Peas & carrots



Broccoli & carrots



Selection from the salad bar



Baked Beans



Sweet
Treats



Chocolate Shortbread



Apple & Summer berry crumble



Watermelon Wedge



Raspberry jelly & mandarins



Lemon shortbread biscuit



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

