

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

Mixed bean bolognaise with pasta (may contain soya)



Margherita pizza & oven baked wedges



Vegetable sausages with roast potatoes & gravy



Cauliflower & chickpea curry with carrot rice



Margherita pizza, chips & tomato ketchup



Beef & lentil bolognaise with pasta (may contain soya)



Roasted vegetable pizza & oven baked wedges



Roast gammon with roast potatoes & gravy

Mild chicken tikka masala & chickpea curry with carrot rice



Fish & chips with tomato ketchup

Veggies



Carrots & peas



Broccoli



Carrot & cabbage



Tomato & cucumber salad



Baked beans



Sweet Treats



Lemon shortbread biscuit



Chocolate & banana brownie sponge



Orange jelly & mandarins



Apple crumble



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

Monday

Tuesday

Wednesday


Thursday

Friday

Main Meal

OPTION 1

OPTION 2




















Veggies



Sweet Treats



Vegetable sausages & mashed potatoes with gravy 	Lentil & cauliflower dahl with steamed rice 	Vegetable sausages with roast potatoes & gravy 	Mac 'n' cheese (may contain soya) 	Margherita pizza, chips & tomato ketchup 
Pork sausages & mashed potatoes with gravy	Cajun chicken, tomato & sweetcorn pasta (may contain soya)	Roast turkey breast, roast potatoes & gravy	Sweet & sour chicken with carrot rice  	Fish & chips with tomato ketchup
Carrots & peas 	Broccoli 	Broccoli, cauliflower & peas 	Selection from the salad bar 	Peas 
Chocolate shortbread 	Raspberry jelly & mandarins 	Lemon shortbread biscuit 	Carrot cake with orange glaze 	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 

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

OPTION 1

OPTION 2

Cheesy cauliflower pasta bake (may contain soya)	Margherita pizza & oven baked wedges	Vegetable sausages with roast potatoes & gravy	Mixed bean & vegetable nachos with vegetable rice	Chickpea & vegetable fritter, chips & tomato ketchup
Beef nacho mac smash pasta (may contain soya)	Tomato, spinach & salmon pasta (may contain soya)	Roast chicken breast with roast potatoes & gravy	Zesty tomato, lentil & herb chicken with vegetable rice	Fish & chips with tomato ketchup
Sweetcorn	Peas & carrots	Cabbage, peas & carrot	Carrot, cucumber & tomato salad	Baked beans
Chocolate shortbread	Apple & Summer berry crumble	Orange jelly & mandarins	Watermelon Wedge	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



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