

MENU WEEK 1

SERVED W/C: 19th Jan | 9th Feb | 2nd Mar | 23rd Mar | 13th Apr

Innovate IFG

Monday

Wednesday

Thursday

Friday

MAIN MEAL

OPTION 1

Creamy Tomato Salmon Pasta

Traditional Creamy Beef Lasagne

Roast Gammon with Roast Potatoes & Gravy

Spanish Chicken & Tomato Rice

MSC Approved Fish Fingers & Chips

OPTION 2

Margherita Pizza & Wedges

Vegetarian Lasagne

Baked Creamy Mac 'n' Cheese

Chickpea & Squash Tagine

Vegan Vegetable Nuggets & Chips

VEGIES

Garden Peas

Italian Roasted Vegetables

Carrot Broccoli & Courgette

Tomato Pepper & Carrot Salad

Baked Beans

PASTA

Cheese Sauce

House Tomato Sauce

Cheese Sauce

House Tomato Sauce

Cheese Sauce

AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS

Strawberry Mousse

Original Flapjack

Raspberry Jelly

Apple & Cocoa Sponge

Vegan Lemon Shortbread

Desserts available every day – a choice of jelly, fruit or yoghurt

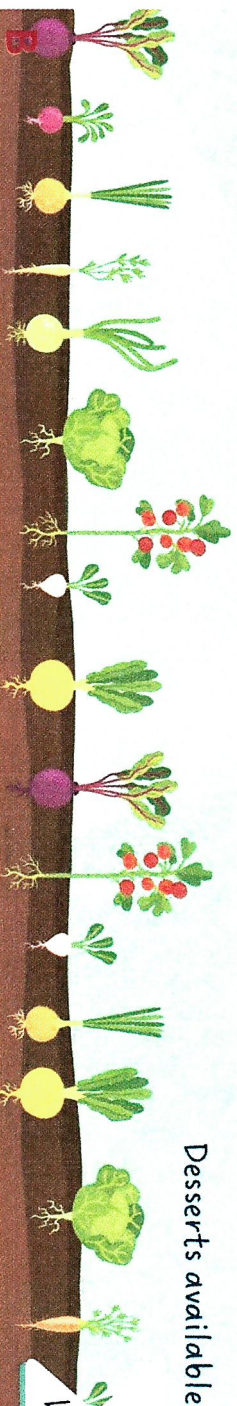
KEY

Nutritionist's Choice

Vegetarian

Vegan

Added Wholewheat



MENU WEEK 2

SERVED W/C: 5th Jan | 26th Jan | 16th Feb | 9th Mar | *Innovate IFG*
30th Mar | 20th Apr

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL

OPTION 1

OPTION 2

Roasted Vegetable Pasta

Chicken & Spinach Pasta Bake

Cottage Pie

Sticky Beef & Carrot Rice

MSC Approved Fish & Chips

Vegan Hot Dogs & Wedges

Cheesy Cauliflower Pasta Bake

Vegan Cottage Pie

Tomato Rice, Peas & Sweet Potato

Margherita Wrap & Chips

VEGGIES

Tomato Cucumber & Lettuce Salad

Broccoli

Cauliflower Peas & Carrots

Tomato Cucumber & Carrot Salad

Baked Beans

PASTA

Tomato & Vegetable Pasta

Cheese Sauce

Tomato & Vegetable Pasta

Cheese Sauce

Tomato & Vegetable Pasta

AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS

Blueberry Cookie Bar

Oaty Date Cookie

Strawberry Yoghurt with Summer Berry Sauce

Banana Sponge & Custard

Raspberry Jelly

Desserts available every day – a choice of jelly, fruit or yoghurt

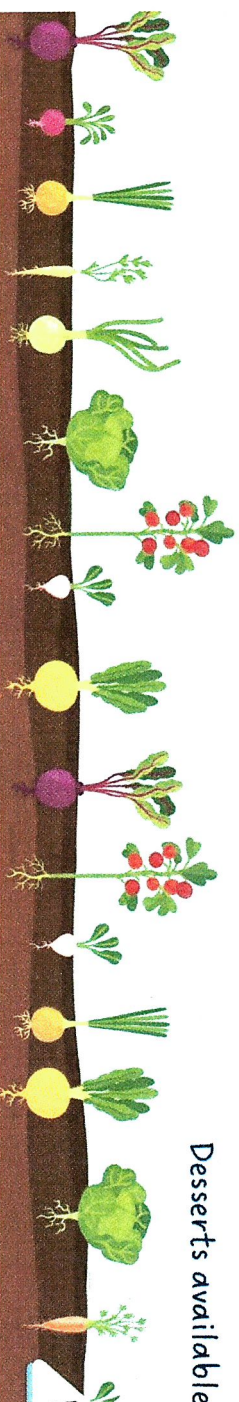
KEY

Nutritionist's Choice

Vegetarian

Vegan

Added Wholewheat



MENU WEEK 3

SERVED W/C: 12th Jan | 2nd Feb | 23rd Feb |
16th Mar | 6th Apr

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN MEAL

OPTION 1

Vegetarian Chili Nacho Bake

Mac 'n' Cheese Beef Bolognaise

Roast Chicken Roast Potatoes & Gravy

Creamy Chicken Curry with Carrot Rice

MSC Approved Fish Fingers & Chips

OPTION 2

Margherita Pizza & Wedges

Vegan Bolognaise with Penne Pasta

Vegan Sausage Puff with Gravy

Baked Creamy Mac 'n' Cheese

Southern Style Quorn Burger & Chips

VEGIES

Tomato Cucumber & Lettuce Salad

Broccoli

Carrot Broccoli & Courgette

Garden Peas

Baked Beans

PASTA

Cheese Sauce

House Tomato Sauce

Cheese Sauce

House Tomato Sauce

Cheese Sauce

AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS

strawberry Yoghurt & strawberry Sauce

Oaty Apple Crumble with Custard

Raspberry Jelly

Gingerbread Squares with Custard

Carrot Cake Cookie

Desserts available every day – a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice

Vegetarian

Vegan

Added Wholewheat



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