

MENU WEEK 1 SERVED W/C: 2nd Mar, 23rd Mar, 13th Apr, 4th May, 15th June, 6th July

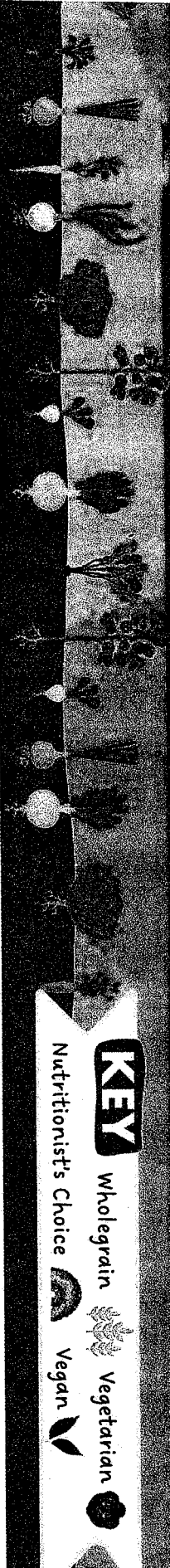
Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<p>OPTION 1</p> <p>Mixed bean bolognaisse with penne pasta</p> <p>OPTION 2</p> <p>Beef & lentil bolognaisse with penne pasta</p>	<p>Margherita pizza & oven baked wedges</p> <p>Pepperoni pizza & oven baked wedges</p>	<p>Vegetable 'squashage' roll with roast potatoes & gravy</p> <p>Roast gammon with roast potatoes & gravy</p>	<p>Cauliflower & chickpea curry with carrot rice</p> <p>Mild chicken tikka masala & chickpea curry with carrot rice</p>	<p>Vegan Sausage roll, chips & tomato ketchup</p> <p>Fish fingers, chips & tomato ketchup</p>
HALAL	<p>Halal Beef & lentil bolognaisse with penne pasta</p>	<p>Halal pepperoni pizza & oven baked wedges</p>	<p>Halal roast chicken breast with roast potatoes & gravy</p>	<p>Mild Halal chicken tikka masala & chickpea curry with carrot rice</p>	<p>Halal fish fingers, chips & tomato ketchup</p>
Veggies	Carrots & peas	Broccoli	Carrot & cabbage	Tomato & cucumber salad	Baked beans
Pasta	Penne pasta with house tomato sauce	Penne pasta with a creamy cheese sauce	Creamy pesto penne pasta	Penne pasta with a creamy cheese sauce	Penne pasta with house tomato sauce
Sweet Treats	Lemon shortbread biscuit	Chocolate & banana brownie sponge	Orange jelly & mandarins	Oaty apple crumble & custard	Strawberry yogurt & strawberry sauce

Available Every Day = Crunchy Colourful salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise & Cheese & Beans

KEY Wholegrain Vegetarian Vegan

Nutritionist's Choice



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 Vegetable sausages & mashed potatoes with gravy	Lentil & cauliflower dahl with steamed rice	Roast Quorn fillet with roast potatoes & gravy	Baked creamy mac 'n' cheese	Vegetable nuggets, chips & tomato ketchup
	OPTION 2 Pork sausages (beef casing) with mashed potatoes & gravy	Cajun chicken, tomato & sweetcorn pasta bake	Roast turkey breast, roast potatoes & gravy	Sweet & sour chicken with carrot rice	Fish & chips with tomato ketchup
Veggies	Halal chicken sausages (beef casing) with mashed potatoes & gravy	Halal Cajun chicken, tomato & sweetcorn pasta bake	Halal Roast turkey breast, roast potatoes & gravy	Halal Sweet & sour chicken with carrot rice	Halal Fish & chips with tomato ketchup
	Carrots & peas	Broccoli	Broccoli, cauliflower & peas	Selection from the salad bar	Peas
Pasta	Penne pasta with a creamy cheese sauce	Penne pasta with house tomato sauce	Penne pasta with a creamy cheese sauce	Creamy pesto penne pasta	Penne pasta with house tomato sauce
	Chocolate sponge & chocolate sauce	Raspberry jelly & mandarins	Jam sponge & custard	Carrot cake with orange glaze	Chocolate Mousse
Sweet Treats					

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

KEY Wholegrain Vegetarian Nutritionist's Choice Vegan

MENU WEEK 3

SERVED W/C:

23rd Feb, 16th Mar, 27th Apr, 18th May, 8th June, 29th June

Innovate IFC

Monday

Tuesday

Wednesday

Friday

Main Meal	OPTION 1		OPTION 2		Sweet Treats
	Halal	Non-Halal	Halal	Non-Halal	
	Beef nacho pasta bake	Margherita pizza & oven baked wedges	Vegetable sausages with roast potatoes & gravy	Mixed Bean & vegetable wrap with vegetable rice	Chickpea & vegetable fritter chips & tomato ketchup
	Halal Beef nacho pasta bake	Tomato, spinach & salmon pasta	Roast chicken breast, roast potatoes & gravy	Zesty tomato, lentil & herb chicken with vegetable rice	Fish fingers, chips & tomato ketchup
	Sweetcorn	Halal Tomato, spinach & salmon pasta	Halal roast chicken breast, roast potatoes & gravy	Zesty tomato, lentil & herb halal chicken with vegetable rice	Halal fish fingers, chips & tomato ketchup
		Peas & carrots	Cabbage, peas & carrot	Carrot, cucumber & tomato salad	Baked beans
	Penne pasta with house tomato sauce	Penne pasta with a creamy cheese sauce	Penne pasta with a creamy cheese sauce	Creamy pesto penne pasta	Penne pasta with house tomato sauce
		Apple & summer berry crumble with custard	Orange jelly & mandarins	Watermelon Wedge	Strawberry yoghurt & strawberry sauce

Available Every Day - Crunchy Colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise & Cheese & Beans

KEY

- Wholegrain
- Vegetarian
- Nutritionist's Choice
- Vegan

BERGEN AWARE MENU WEEK 1

SERVED W/C

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

Innovate IFC

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<p>OPTION 1</p> <p>Mixed bean bolognaise with pasta (may contain soya)</p>	Margherita pizza & oven baked wedges	Vegetable sausages with roast potatoes & gravy	Cauliflower & chickpea curry with carrot rice	Margherita pizza, chips & tomato ketchup
	<p>OPTION 2</p> <p>Beef & lentil bolognaise with pasta (may contain soya)</p>	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
HALAL	Halal beef & lentil bolognaise with pasta (may contain soya)	Roasted vegetable pizza & oven baked wedges	Halal roast chicken breast with roast potatoes & gravy	Mild Halal chicken tikka masala & chickpea curry with carrot rice	Halal 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



Vegan Nutritionists 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

Friday

Main Meal	OPTION 1		OPTION 2	
	Vegetable sausages & mashed potatoes with gravy	Lentil & cauliflower dahl with steamed rice	Vegetable sausages with roast potatoes & gravy	Mac 'n' cheese (may contain soya)
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
Vegetable sausages & mashed potatoes with gravy	Halal Cajun chicken, tomato & sweetcorn pasta (may contain soya)	Halal Roast turkey breast, roast potatoes & gravy	Halal Sweet & sour chicken with carrot rice	Halal 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

HALAL



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 3

SERVED w/c

23rd Feb, 16th Mar, 27th Apr, 18th May, 8th June, 29th June

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<p>OPTION 1</p> <p>Cheesy cauliflower pasta bake (may contain soya)</p> <p>OPTION 2</p> <p>Beef nacho mac smash pasta (may contain soya)</p>	<p>Margherita pizza & oven baked wedges</p> <p>Tomato, spinach & salmon pasta (may contain soya)</p>	<p>Vegetable sausages with roast potatoes & gravy</p> <p>Roast chicken breast with roast potatoes & gravy</p>	<p>Mixed bean & vegetable nachos with vegetable rice</p> <p>Zesty tomato, lentil & herb chicken with vegetable rice</p>	<p>Chickpea & vegetable fritter, chips & tomato ketchup</p> <p>Fish & chips with tomato ketchup</p>
HALAL	<p>Halal beef nacho mac smash pasta (may contain soya)</p>	<p>Halal Tomato, spinach & salmon pasta (may contain soya)</p>	<p>Halal roast chicken breast with roast potatoes & gravy</p>	<p>Zesty tomato, lentil & herb halal chicken with vegetable rice</p>	<p>Halal Fish & chips with tomato ketchup</p>
Veggies	Sweetcorn	Peas & carrots	Cabbage, peas & carrot	Carrot, cucumber & tomato salad	Baked beans
Sweet Treats	Chocolate shortbread	Apple & Summer berry crumble	Orange jelly & mandarins	Watermelon Wedge	Lemon shortbread biscuit

Available Every Day - Crunchy colour-fal Salad Bar & Jacket Potatoes with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise



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

