MENU WEEK 1

SERVED W/C: 7th September, 28th September, 19th October

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Margherita pizza & oven baked wedges	Mixed bean bolognaise with penne pasta	Vegetable sausages with roast potatoes & gravy	Pea-powered vegetable stir fry with carrot rice	Vegetable nuggets, chips & tomato ketchup
Main Meal OPTION 2	Pepperoni pizza & oven baked wedges	Beef & lentil bolognaise with penne pasta	Roast gammon with roast potatoes & gravy	Creamy coconut chicken & chickpea curry with carrot rice	Fish fingers, chips & tomato ketchup
Veggies	Broccoli	Carrots & peas	Carrot & cabbage	Broccoli & cauliflower	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
Filled Rolls	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Sweet Treats	Lemon shortbread biscuit	Chocolate & banana brownie sponge	Orange jelly & mandarins	Baked apple & cinnamon sponge	Strawberry yogurt & strawberry sauce

Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans

KEY

Wholegrain · Vegetarian · Nutritionist's Choice · Vegan

MENU WEEK 2

SERVED W/C: 14th September, 5th October

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Margherita pizza & oven baked wedges	Pea-powered vegetable pie & new potatoes	Cheesy cauliflower pasta bake	Lentil & sweet potato dahl with vegetable rice	Vegetable sausages, chips & tomato ketchup
Main Meal OPTION 2	Tomato, spinach & salmon pasta	Chicken & vegetable pie 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
Pasta	Penne pasta with a creamy cheese sauce	Penne pasta with house tomato sauce	Creamy pesto penne pasta	Penne pasta with a creamy cheese sauce	Penne pasta with house tomato sauce
Filled Rolls	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Sweet Treats	Watermelon wedge	Oaty apple crumble & custard	Chocolate mousse	Carrot cake with orange glaze	Raspberry jelly & mandarins

Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans

KEY

Wholegrain · Vegetarian · Nutritionist's Choice · Vegan

MENU WEEK 3

SERVED W/C: 31st August, 21st September, 12th October

Innovate IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Pea-powered mild chilli with rice	Vegetable sausages & mashed potatoes with gravy	Roast Quorn fillet with roast potatoes & gravy	Baked creamy mac 'n' cheese	Quorn dippers, chips & tomato ketchup
Main Meal OPTION 2	Mild beef & lentil chilli con carne with rice	Pork sausages (beef casing) with mashed potatoes & gravy	Roast chicken breast, roast potatoes & gravy	BBQ chicken loaded mac 'n' cheese	Fish fingers, chips & tomato ketchup
Veggies	Sweetcorn	Peas & carrots	Broccoli & carrots	Selection from the salad bar	Baked beans
Pasta	Penne pasta with a creamy cheese sauce	Penne pasta with house tomato sauce	Penne pasta with a creamy cheese sauce	Penne pasta with house tomato sauce	Creamy pesto penne pasta
Filled Rolls	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Ham Cheese Tuna mayo	Cheese Tuna mayo
Sweet Treats	Chocolate shortbread	Apple & summer berry crumble with custard	Strawberry yogurt & strawberry sauce	Raspberry jelly & mandarins	Chocolate fruit crispie cake

Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans

KEY

Wholegrain | Vegetarian | Nutritionist's Choice | Vegan