

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal



OPTION 1

OPTION 2

Margherita pizza & oven baked wedges



Cheesy bean 50/50 pasta bake



Vegetable sausages with roast potatoes & gravy



5 bean chilli with Mexican rice



Vegetable nuggets, chips & tomato ketchup



Cajun chicken pizza & oven baked wedges

Mild chilli beef & bean macaroni cheese

Roast gammon with roast potatoes & gravy

Chicken fajita with Mexican rice



Fish fingers, chips & tomato ketchup

Veggies



Green beans & sweetcorn



Broccoli



Broccoli & roasted carrot



Rainbow vegetables



Baked beans



Sweet Treats



Chocolate shortbread



Fruit crumble & custard



Orange jelly & mandarins



Sliced fruit selection



Strawberry yogurt & strawberry sauce



Available Every Day -

Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit, Jelly or Yoghurt

KEY

Wholegrain



Vegetarian



Nutritionist's Choice



Vegan



MENU WEEK 2

SERVED W/C:

14th Sep | 5th Oct | 26th Oct | 16th Nov
7th Dec | 28th Dec | 18th Jan | 8th Feb
1st Mar | 22nd Mar

Innovate IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal



OPTION 1

OPTION 2

Margherita pizza
& oven baked wedges



Baked creamy
mac 'n' cheese



Roast Quorn fillet
with mashed potatoes
and gravy



Mixed bean & vegetable fajita
with Mexican rice



Vegetable sausages, chips
& tomato ketchup



Sweet chilli salmon melt
& oven baked wedges

BBQ chicken loaded
mac 'n' cheese

Pork sausages
(in a beef casing)
stuffed yorkie,
mashed potatoes and gravy

Mild beef chilli topped
jacket potato with
nacho crunch

Fish & chips
with tomato ketchup

Veggies



Peas



Rainbow vegetables



Broccoli & roasted carrots



Crudites and salad bar
selection



Baked beans



Sweet Treats



Watermelon wedge



Apple pie with custard



Chocolate sponge
& chocolate sauce



Watermelon wedge



Fruity flapjack



Available Every Day -

Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit, Jelly or Yoghurt

KEY

Wholegrain



Vegetarian



Nutritionist's Choice



Vegan



Main Meal

OPTION 1

OPTION 2

Veggies

Sweet Treats

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed bean bolognaise with penne pasta 	Vegetable sausage stuffed yorkie, mashed potatoes with gravy 	Roast Quorn fillet with roast potatoes & gravy 	Cauliflower & chickpea korma with mixed rice 	Quorn dippers, chips & tomato ketchup 
Beef & lentil bolognaise with penne pasta 	Pork sausages (in a beef casing) with mashed potatoes & gravy	Roast chicken breast, roast potatoes & gravy	Chicken & chickpea korma with mixed rice 	Fish fingers, chips & tomato ketchup
Green beans & sweetcorn 	Peas & carrots 	Broccoli & roasted carrots 	Tomato, cucumber & carrot salad 	Baked beans 
Lemon shortbread 	Orchard crumble with custard 	Strawberry yogurt & strawberry sauce 	Chocolate & orange brownie 	Sliced fruit selection 

Available Every Day - Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit, Jelly or Yoghurt



KEY

Wholegrain  Vegetarian 

Nutritionist's Choice  Vegan 