# ALLERGEN AWARE MENU WEEK 1

**SERVED W/C**

9th Nov | 30th Nov | 21st Dec | 11th Jan | 1st Feb
22nd Feb | 15th Mar | 5th Apr

Innovate IFG

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Main Meal OPTION 1 | Margherita pizza & oven baked wedges | Mixed bean bolognaise with pasta (may contain soya) | Vegetable sausages with roast potatoes & gravy | 5 bean chilli with Mexican rice | Vegetable sausages, chips & tomato ketchup |
| Main Meal OPTION 2 | Roasted vegetable pizza & oven baked wedges | Mild chilli beef & bean pasta bake (may contain soya) | Roast gammon with roast potatoes & gravy | Chicken fajita with Mexican rice | Fish & chips with tomato ketchup |
| Veggies | Green beans & sweetcorn | Broccoli | Broccoli & roasted carrot | Rainbow vegetables | Baked beans |
| Sweet Treats | Chocolate shortbread | Fruit crumble | Orange jelly & mandarins | Sliced fruit selection | Raspberry jelly |

**Available Every Day –**
Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly

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

# ALLERGEN AWARE MENU WEEK 2

**SERVED W/C** 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 | Margherita pizza & oven baked wedges | Baked creamy mac 'n' cheese (may contain soya) | Vegetable sausages & mashed potatoes with gravy | Mixed bean & vegetable fajita with Mexican rice | Vegetable sausages, chips & tomato ketchup |
| Main Meal OPTION 2 | Sweet chilli salmon melt & oven baked wedges | BBQ chicken loaded mac 'n' cheese (may contain soya) | Pork sausages with mashed potatoes & 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 | Chocolate & orange brownie | Watermelon wedge | Fruity flapjack |

**Available Every Day –**
Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly

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

# ALLERGEN AWARE MENU WEEK 3

**SERVED W/C** 2nd Nov | 23rd Nov | 14th Dec | 4th Jan | 25th Jan | 15th Feb | 8th Mar | 29th Mar

Innovate IFG

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Main Meal OPTION 1 | Mixed bean bolognaise with pasta (may contain soya) | Vegetable sausages & mashed potatoes with gravy | Vegetable sausages with roast potatoes & gravy | Cauliflower & chickpea korma with mixed rice | Margherita pizza, chips & tomato ketchup |
| Main Meal OPTION 2 | Beef & lentil bolognaise with pasta (may contain soya) | Pork sausages with mashed potatoes & gravy | Roast chicken breast with roast potatoes & gravy | Chicken & chickpea korma with mixed rice | Fish & chips with tomato ketchup |
| Veggies | Green beans & sweetcorn | Peas & carrots | Broccoli & roasted carrots | Tomato, cucumber & carrot salad | Baked beans |
| Sweet Treats | Lemon shortbread | Orchard crumble | Watermelon wedge | Chocolate & orange brownie | Sliced fruit selection |

**Available Every Day –**
Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly

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