

ALLERGEN AWARE MENU WEEK 1

SERVED W/C:

17th Nov | 8th Dec | 19th Jan |
9th Feb | 2nd Mar | 23rd Mar | 13th Apr

Innovate IFG

ALLERGEN AWARE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	<p>OPTION 1</p> <p>Roasted Vegetable Pasta Bake</p>	<p>Vegan Margherita Pizza & Wedges</p>	<p>Vegan Sausage Casserole</p>	<p>Vegetable Katsu Curry & Rice</p>	<p>Cauliflower & Chickpea Bhaji & Chips</p>
	<p>OPTION 2</p> <p>Sticky Chinese Chicken & Vegetable Rice</p>	<p>Traditional Creamy Beef Lasagne</p>	<p>Roast Gammon & Gravy</p>	<p>Chicken in a Katsu Curry Sauce & Rice</p>	<p>MSC Approved Fish Fingers & Chips</p>
VEGGIES	<p>Carrots & Peas</p>	<p>Broccoli</p>	<p>Roasted Potatoes, Carrots & Parsnips</p>	<p>Peas</p>	<p>Beans</p>
PASTA	<p>Tomato, Vegetable & Basil Pasta</p>	<p>Tomato, Vegetable & Basil Pasta</p>	<p>Tomato, Vegetable & Basil Pasta</p>	<p>Tomato, Vegetable & Basil Pasta</p>	<p>Tomato, Vegetable & Basil Pasta</p>
<p>AVAILABLE EVERY DAY Our crunchy colourful salad and jacket potatoes with vegan cheese, beans, vegan cheese & beans or tuna with vegan mayo</p>					
SWEET TREATS	<p>Lemon Shortbread</p>	<p>Chocolate Banana Cake</p>	<p>Orange Jelly & Mandarins</p>	<p>Apple Sponge</p>	<p>Vegan Chocolate Brownie</p>



KEY Nutritionist's Choice 

Vegetarian  Vegan 

ALLERGEN AWARE MENU WEEK 2

SERVED W/C: 3rd Nov | 24th Nov | 15th Dec | 5th Jan | 26th Jan | 16th Feb | 9th Mar | 30th Mar | 20th Apr

Innovate IFG

ALLERGEN AWARE MENU

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

MAIN MEAL

OPTION 1

OPTION 2

VEGGIES

PASTA

SWEET TREATS

Vegan Margherita Pizza & Wedges	Vegan Sausage with Mashed Potatoes & Gravy	Vegan Cottage Pie	Vegan Cheesy Cauliflower Pasta Bake	Vegan Sausage & Chips
MSC Approved Salmon & Tomato Pasta Bake	Pork Sausage, Mashed Potatoes & Gravy	Roast Turkey with Roast Potatoes & Gravy	Mild Caribbean Chicken Curry & Carrot Rice	MSC Approved Fish & Chips
Peas	Carrot & Peas	Broccoli & Cauliflower	Carrot & Mixed Salad	Baked Beans
Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta

AVAILABLE EVERY DAY Our crunchy colourful salad and jacket potatoes with vegan cheese, beans, vegan cheese & beans or tuna with vegan mayo

Chocolate Shortbread	Apple Sponge	Vegan Chocolate Brownie	Raspberry Jelly & Mandarins	Chocolate Banana Cake
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KEY Nutritionist's Choice

Vegetarian Vegan

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

MAIN MEAL

OPTION 1

OPTION 2

VEGGIES

PASTA

SWEET TREATS

Mild Plant Based Chilli & Wedges	Vegan Bolognaise Pasta	Vegan Sausage Roast	Baked Mac 'N' Cheese	Cheese & Tomato Pizza & Chips
Mild Beef Chilli	Beef Bolognaise & Pasta	Roast Chicken & Gravy	Creamy Chicken Curry & Carrot Rice	MSC Approved Fish Fingers & Chips
Peas & Carrots	Sweetcorn	Broccoli & Peas	Carrot & Mixed Salad	Beans
Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta

AVAILABLE EVERY DAY Our crunchy colourful salad and jacket potatoes with vegan cheese, beans, vegan cheese & beans or tuna with vegan mayo

Lemon Shortbread	Chocolate Beetroot Cake	Orange Jelly & Mandarins	Vegan Chocolate Brownie	Chocolate Shortbread
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KEY Nutritionist's Choice

Vegetarian Vegan