

# ALLERGEN AWARE 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**

OPTION 1

OPTION 2



Margherita pizza & oven baked wedges 	Mixed bean bolognaise with pasta (may contain soya)  	Vegetable sausages with roast potatoes & gravy 	Pea-powered vegetable stir fry with carrot rice  	Vegetable Sausages, chips & tomato ketchup 
Roasted vegetable pizza & oven baked wedges 	Beef & lentil bolognaise with pasta (may contain soya) 	Roast gammon with roast potatoes & gravy	Creamy coconut chicken curry with carrot rice  	Fish & chips with tomato ketchup
Broccoli 	Carrots & peas 	Carrot & cabbage 	Broccoli & Cauliflower 	Baked beans 
Lemon shortbread biscuit 	Chocolate & banana brownie sponge 	Orange jelly & mandarins 	Baked apple & cinnamon sponge 	Raspberry jelly 

**Veggies**






**Sweet Treats**



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 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

OPTION 2

Margherita pizza & oven baked wedges 	Pea-powered vegetable casserole & new potatoes 	Cauliflower pasta bake (may contain soya) 	Lentil & sweet potato dahl with vegetable rice 	Vegetable Sausages, chips & tomato ketchup 
Tomato, spinach & salmon pasta (may contain soya) 	Chicken & vegetable casserole with new potatoes 	Roast turkey breast, roast potatoes & gravy 	Lemon & herb chicken with chickpeas & vegetable rice 	Fish & chips with tomato ketchup 
Broccoli 	Peas 	Carrots & cauliflower 	Selection from the salad bar 	Peas 
Watermelon Wedge 	Apple crumble 	Lemon shortbread biscuit 	Carrot cake with orange glaze 	Raspberry jelly & mandarins 

**Veggies**

**Sweet Treats**

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**

OPTION 1

OPTION 2

Pea-powered mild chilli with rice 	Vegetable sausages & mashed potatoes with gravy 	Vegetable sausages with roast potatoes & gravy 	Mac 'n' cheese (may contain soya) 	Margherita pizza, chips & tomato ketchup 
Mild beef & lentil chilli con carne with rice 	Pork sausages with mashed potatoes & gravy 	Roast chicken breast with roast potatoes & gravy 	BBQ chicken loaded mac 'n' cheese (may contain soya) 	Fish & chips with tomato ketchup 
Sweetcorn 	Peas & carrots 	Broccoli & carrots 	Selection from the salad bar 	Baked Beans 
Chocolate Shortbread 	Apple & Summer berry crumble 	Watermelon Wedge 	Raspberry jelly & mandarins 	Lemon shortbread biscuit 



**Veggies**

**Sweet Treats**

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 