

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 	OPTION 1 Roasted Vegetable Pasta Bake	Vegan Margherita Pizza & Wedges	Vegan Sausage Casserole	Vegetable Katsu Curry & Rice	Cauliflower & Chickpea Bhaji & Chips
	OPTION 2 Rainbow Vegetable Stir Fry Rice	Traditional Creamy Beef Lasagne	Roast Gammon & Gravy	Chicken in a Katsu Curry Sauce & Rice	MSC Approved Fish Fingers & Chips
VEGGIES 	Carrots & Peas	Broccoli	Roasted Potatoes Carrots & Parsnips	Peas	Beans
PASTA 	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					
SWEET TREATS 	Lemon Shortbread	Chocolate Banana Cake	Orange Jelly & Mandarins	Apple Sponge	Vegan Chocolate Brownie

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 Vegan Margherita Pizza & Wedges	Vegan Sausage with Mashed Potatoes & Gravy	Vegan Cottage Pie	Vegan Cheesy Cauliflower Pasta Bake	Vegan Sausage & Chips
	OPTION 2 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
VEGGIES 	Peas	Carrot & Peas	Broccoli & Cauliflower	Carrot & Mixed Salad	Baked Beans
PASTA 	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					
SWEET TREATS 	Chocolate Shortbread	Apple Sponge	Vegan Chocolate Brownie	Raspberry Jelly & Mandarins	Chocolate Banana Cake

KEY

Nutritionist's Choice

Vegetarian



Vegan



ALLERGEN AWARE MENU WEEK 3

SERVED W/C: 10th Nov | 1st Dec | 22nd Dec | 12th Jan
| 2nd Feb | 23rd Feb | 16th Mar | 6th Apr

Innovate IFG

ALLERGEN AWARE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL 	OPTION 1 Mild Plant Based Chilli & Wedges	Vegan Bolognaise Pasta	Vegan Sausage Roast	Baked Mac 'N' Cheese	Cheese & Tomato Pizza & Chips
	OPTION 2 Mild Beef Chilli	Beef Bolognaise & Pasta	Roast Chicken & Gravy	Creamy Chicken Curry & Carrot Rice	MSC Approved Fish Fingers & Chips
VEGGIES 	Peas & Carrots	Sweetcorn	Broccoli & Peas	Carrot & Mixed Salad	Beans
PASTA 	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					
SWEET TREATS 	Lemon Shortbread	Chocolate Beetroot Cake	Orange Jelly & Mandarins	Vegan Chocolate Brownie	Chocolate Shortbread

KEY

Nutritionist's Choice

Vegetarian

Vegan

