

# 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



Mixed bean bolognaise with pasta (may contain soya)  	Margherita pizza & oven baked wedges 	Vegetable sausages with roast potatoes & gravy 	Cauliflower & chickpea curry with carrot rice   	Margherita pizza, chips & tomato ketchup 
Beef & lentil bolognaise with pasta (may contain soya) 	Roasted vegetable pizza & oven baked wedges 	Roast gammon with roast potatoes & gravy	Mild chicken tikka masala & chickpea curry with carrot rice  	Fish & chips with tomato ketchup
Carrots & peas 	Broccoli 	Carrot & cabbage 	Tomato & cucumber salad 	Baked beans 
Lemon shortbread biscuit 	Chocolate & banana brownie sponge 	Orange jelly & mandarins 	Apple crumble 	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




















**Veggies**



**Sweet Treats**



Vegetable sausages & mashed potatoes with gravy 	Lentil & cauliflower dahl with steamed rice 	Vegetable sausages with roast potatoes & gravy 	Mac 'n' cheese (may contain soya) 	Margherita pizza, chips & tomato ketchup 
Pork sausages & mashed potatoes with gravy	Cajun chicken, tomato & sweetcorn pasta (may contain soya)	Roast turkey breast, roast potatoes & gravy	Sweet & sour chicken with carrot rice  	Fish & chips with tomato ketchup
Carrots & peas 	Broccoli 	Broccoli, cauliflower & peas 	Selection from the salad bar 	Peas 
Chocolate shortbread 	Raspberry jelly & mandarins 	Lemon shortbread biscuit 	Carrot cake with orange glaze 	Raspberry Jelly 

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

Cheesy cauliflower pasta bake (may contain soya)	Margherita pizza & oven baked wedges	Vegetable sausages with roast potatoes & gravy	Mixed bean & vegetable nachos with vegetable rice	Chickpea & vegetable fritter, chips & tomato ketchup
Beef nacho mac smash pasta (may contain soya)	Tomato, spinach & salmon pasta (may contain soya)	Roast chicken breast with roast potatoes & gravy	Zesty tomato, lentil & herb chicken with vegetable rice	Fish & chips with tomato ketchup
Sweetcorn	Peas & carrots	Cabbage, peas & carrot	Carrot, cucumber & tomato salad	Baked beans
Chocolate shortbread	Apple & Summer berry crumble	Orange jelly & mandarins	Watermelon Wedge	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