

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 Ham & Cheese Pasta	Traditional Creamy Beef Lasagne 	Roast Gammon, Roast Potatoes & Gravy	Sweet n Sour Chicken & Rice	MSC Approved Fish Fingers & Chips
	OPTION 2 Roasted Vegetable Pasta Bake 	Vegan Margherita Pizza & Wedges 	Vegan Sausage Casserole 	Vegetable Bolognaise Pasta 	Cauliflower & Chickpea Bhaji & 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, 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 MSC Approved Salmon & Tomato Pasta Bake 	Pork Sausage with Mashed Potatoes & Gravy	Roast Turkey with Roast Potatoes & Gravy	Mild Caribbean Chicken Curry & Carrot Rice 	MSC Approved Fish & Chips
OPTION 2	Vegan Margherita Pizza & Wedges 	Vegan Sausage with Mashed Potatoes & Gravy 	Vegan Cottage Pie  	Vegan Cheesy Cauliflower Pasta Bake 	Vegan Sausage & 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; 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 Onion Bhaji Bites & Wedges 	Mild Beef Chilli 	Roast Chicken with Roast Potatoes & Gravy	Creamy Chicken Curry & Carrot Rice	MSC Approved Fish Fingers & Chips
OPTION 2 	Mild Plant Based Chilli & Wedges 	Baked Mac 'N' Cheese 	Vegan Sausage Roast 	Vegetable Keema Curry 	Cheese & Tomato Pizza & 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; 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

