

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

**MAIN MEAL**

**OPTION 1**

**OPTION 2**

**VEGGIES**

**PASTA**

**SWEET TREATS**

Salmon, Tomato & Pea Pasta	Classic Beef Lasanga	Roast Gammon with Roast Potatoes & Gravy	Spanish Chicken & Tomato Rice	Fish Fingers & Chips
Vegan Margherita Pizza & Wedges	Roasted Vegetable Pasta Bake	Plant Based Sausage & Mashed Potatoes	Chickpea & Squash Tagine with Rice	Onion Bhaji Bites & Chips
Garden Peas	Italian Roasted Vegetables	Carrot Broccoli & Courgette	Tomato Pepper & Carrot 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

Vegan Chocolate Brownie	Chocolate Beetroot Cake	Strawberry Jelly & Mandarins	Apple Sponge	Lemon Shortbread
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**KEY**

Nutritionist's Choice

Vegetarian Vegan

# ALLERGEN AWARE MENU WEEK 2

SERVED W/C: 15<sup>th</sup> Dec | 5<sup>th</sup> Jan | 26<sup>th</sup> Jan | 16<sup>th</sup> Feb | 9<sup>th</sup> Mar | 30<sup>th</sup> Mar | 20<sup>th</sup> Apr

Innovate IFG

ALLERGEN AWARE MENU

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

**MAIN MEAL**

OPTION 1

OPTION 2

**VEGGIES**

**PASTA**

**SWEET TREATS**

Roasted Vegetable Pasta Bake	Chicken Spinach & Pasta Bake	Vegan Cottage Pie	Mild Beef Chilli & Carrot Rice	Fish & Chips
Vegan Sausage & Chips	Vegan Cheesy Cauliflower Pasta Bake	Vegan Cottage Pie	Tomato Rice, Peas & Sweet Potato	Vegan Cheese & Tomato Pizza & Chips
Tomato Cucumber & Lettuce Salad	Broccoli	Cauliflower Peas & Carrots	Tomato Cucumber & Carrot 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 Lemon Shortbread	Raspberry Jelly & Mandarins	Vegan Chocolate Brownie
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**KEY**      Nutritionist's Choice

Vegetarian      Vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b> 	<b>OPTION 1</b> Vegan Margherita Pizza & Wedges	Beef Bolognese Pasta	Roast Chicken, Roast Potatoes & Gravy	Creamy Chicken Curry Carrot Rice	Fish Fingers & Chips
	<b>OPTION 2</b> Mild Plant Based Chilli & Wedges	Vegan Bolognese with Pasta	Vegan Sausage with Roast Potatoes & Gravy	Vegetable Keema Curry	Vegan Cheese & Tomato Pizza & Chips
<b>VEGGIES</b> 	Tomato Cucumber & Lettuce Salad	Broccoli	Carrot Broccoli & Courgette	Garden Peas	Baked Beans
<b>PASTA</b> 	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta
<b>AVAILABLE EVERY DAY</b> Our crunchy colourful salad and jacket potatoes with vegan cheese, beans, vegan cheese & beans or tuna with vegan mayo					
<b>SWEET TREATS</b> 	Lemon Shortbread	Apple Sponge	Raspberry Jelly	Vegan Chocolate Brownie	Vegan Chocolate Brownie



**KEY** Nutritionist's Choice Vegetarian Vegan