

ALLERGEN AWARE
MENU WEEK 1

SERVED W/C

7th Sep | 28th Sep | 19th Oct | 9th Nov
30th Nov | 21st Dec | 11th Jan | 1st Feb
22nd Feb | 15th Mar | 5th Apr

Cucina IFG

Main Meal

OPTION 1

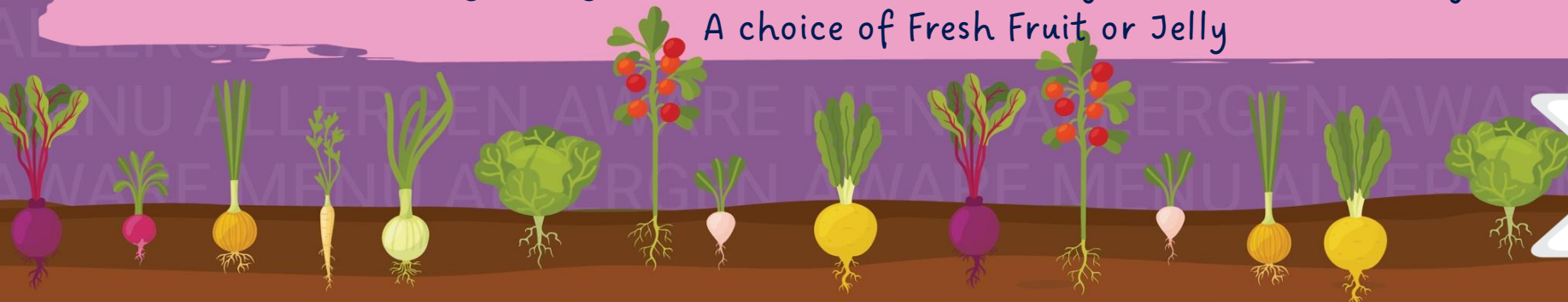
OPTION 2

Veggies

Sweet Treats

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed bean chilli with carrot rice   	Margherita pizza & oven baked wedges 	Vegetable sausages with roast potatoes & gravy 	Plant based spiced 'vegieball' pasta 	Smashed veggie burger with iceberg and vegan mayo 
Mild beef & lentil chilli with carrot rice  	Cajun chicken pizza & oven baked wedges	Roast gammon with roast potatoes & gravy	Creamy chicken, spinach & pesto pasta	Fish & chips with tomato ketchup
Green beans & sweetcorn 	Broccoli 	Broccoli & roasted carrots 	Rainbow vegetables 	Baked beans 
Lemon shortbread 	Chocolate & orange brownie 	Orange jelly & mandarins 	Apple crumble 	Raspberry jelly 

Available Every Day - Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly



KEY

Vegan  Nutritionist's Choice 
50-50 White & Wholegrain Rice 

ALLERGEN AWARE
MENU WEEK 2

SERVED W/C

14th Sep | 5th Oct | 26th Oct | 16th Nov
7th Dec | 28th Dec | 18th Jan | 8th Feb
1st Mar | 22nd Mar

Cucina IFG

Monday

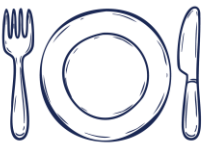
Tuesday

Wednesday

Thursday

Friday

Main
Meal



OPTION
1

OPTION
2

Vegetable sausages & mashed potatoes with gravy



Cheesy leek mac 'n' cheese



Vegetable sausages with roast potatoes & gravy



Cauliflower & chickpea korma with carrot rice



Margherita pizza, chips & tomato ketchup



Pork sausages & mashed potatoes with gravy

Beef & lentil pasta bake



Lemon roast chicken with roast potatoes & gravy



Chicken & chickpea korma with carrot rice

Fish & chips with tomato ketchup

Veggies



Peas



Rainbow vegetables



Broccoli & roasted carrots



Crudites and salad bar selection



Baked beans



Sweet
Treats



Sliced fruit selection



Apple & cinnamon crumble



Chocolate & orange brownie



Raspberry jelly



Sliced fruit selection



Available Every Day -

Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly

KEY

Vegan Nutritionist's Choice
50-50 White & Wholegrain Rice

ALLERGEN AWARE
MENU WEEK 3

SERVED W/C

31st Aug | 21st Sep | 12th Oct | 2nd Nov
23rd Nov | 14th Dec | 4th Jan | 25th Jan
15th Feb | 8th Mar | 29th Mar

Cucina IFG

Monday

Tuesday

Wednesday

Thursday

Friday

Main
Meal



OPTION
1

OPTION
2

Margherita pizza
& oven baked wedges



Butternut squash pasta bake



Vegetable sausages with
roast potatoes & gravy



Smokey BBQ pieces
& vegetable rice



Chickpea & vegetable fritter,
chips & tomato ketchup



Sweet chilli salmon melt
& oven baked wedges

Beef & bean bolognaise
with pasta



Pork sausages with
mashed potatoes & gravy

Smokey BBQ chicken
with vegetable rice



Fish & chips
with tomato ketchup

Green beans & sweetcorn



Peas & carrots



Broccoli & roasted carrots



Tomato, cucumber
& carrot salad



Baked beans



Sweet
Treats



Chocolate shortbread



Fruit crumble



Orange jelly & mandarins



Watermelon wedge



Lemon shortbread



Available Every Day -

Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly

KEY

Vegan



Nutritionist's Choice



50-50 White & Wholegrain Rice

