

## CLASSIC MAIN MEAL

## VEGETARIAN MAIN MEAL

## Plant Power

## sweet treats

## PICK N' MIX DELI

GRAB A ROLL  
made fresh daily

jelly, fruit  
and yoghurts  
available everyday

all main courses  
are served with  
a salad and  
homemade breads

MONDAY

Creamy Tomato And  
Salmon Pasta

Cheese & Tomato  
Pizza, With Wedges

Sweetcorn

Strawberry Yoghurt  
With Strawberry  
Sauce

Ham Roll  
Cheese Rol

TUESDAY

Classic Beef Lasagna

Vegetarian Lasagna

Italian Vegetables

Original Flapjack

Chicken Roll  
Egg Mayonnaise Roll

WEDNESDAY

Roast Gammon  
& Gravy

Vegan Sausage Puff  
With & Gravy

Roast Potatoes &  
Seasonal Vegetables  
(Carrots, Swede And  
Leek)

Strawberry Jelly  
And Mandarins

Ham Roll  
Cheese Rol

THURSDAY

Creamy Chicken  
Korma With Mixed  
Rice

Baked Mac And  
Cheese

Tomato, Cucumber  
& Carrot Salad

Chocolate & Apple  
Sponge With Custard

Tuna Mayonnaise  
Roll  
Cheese Roll

FRIDAY

Fish Fingers & Chips

Vegan Vegetable  
Nuggets & Chips

Baked Beans

Vegan Shortbread

Ham Roll  
Tuna Mayonnaise  
Roll

we support British  
farmers by buying  
local produce

### AVAILABLE EVERYDAY

Baked Potato

Served With Either  
Cheese, Tuna Mayo Or  
Baked Beans

### AVAILABLE EVERYDAY

Freshly Cooked Pasta

Served with Cheese Sauce  
(Mon/Wed/Fri) Or Tomato  
Sauce (Tues/Thurs)

Key And Additional Information \*

\*Pork sausage casing is made  
from beef



Vegan



Dolphin Safe



MSC Certified



50-50 Wholemeal Pasta/  
Wholegrain Grain Rice



Cucina  
**MENU**  
WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**CLASSIC**  
MAIN MEAL

**VEGETARIAN**  
MAIN MEAL

**Plant Power**

**sweet treats**

**PICK N' MIX**  
DELI

all main courses  
are served with  
a salad and  
homemade breads

jelly, fruit  
and yoghurts  
available everyday

GRAB A ROLL  
made fresh daily

Pork Sausage, Mash  
And Gravy\*

Vegan Sausage,  
Mash And Gravy

Carrots & Peas

Chocolate Cookie

Ham Roll  
Cheese Rol

Chicken & Tomato  
Pasta Bake

Cheesy Cauliflower  
Pasta Bake

Sweetcorn

Oaty Apple Crumble  
And Custard

Chicken Roll  
Egg Mayonnaise Roll

Roast Turkey & Gravy

Roast Vegan Quorn  
Fillet With Gravy

Roast Potatoes &  
Seasonal Vegetables  
(Cauliflower, Leek  
And Carrots)

Strawberry Yoghurt  
With Strawberry  
Sauce

Ham Roll  
Cheese Rol

Sticky Beef & Carrot  
Rice

Vegetable Stir Fry  
With Carrot Rice

Garden Peas And  
Broccoli

Banana Sponge &  
Custard

Tuna Mayonnaise  
Roll  
Cheese Roll

Battered Fish & Chips

Margherita Wrap  
& Chips

Baked Beans

Orange Jelly

Egg Mayonnaise Roll  
Tuna Mayonnaise  
Roll

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**AVAILABLE EVERYDAY**

Baked Potato

Served with either  
Cheese, Tuna Mayo Or  
Baked Beans

**AVAILABLE EVERYDAY**

Freshly Cooked Pasta

Served with Cheese Sauce  
(Tues/Thurs) Or Tomato Sauce  
(Mon/Wed/Fri)

Key And Additional Information \*

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from beef



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50-50 Wholemeal Pasta/  
Wholegrain Grain Rice



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**CLASSIC**  
MAIN MEAL

**VEGETARIAN**  
MAIN MEAL

**Plant**  
*Power*

**sweet**  
**treats**

**PICK N' MIX**  
**DELI**

all main courses  
are served with  
a salad and  
homemade breads

jelly, fruit  
and yoghurts  
available everyday

GRAB A ROLL  
made fresh daily

Vegetarian Chili  
Nacho Bake

Margherita Pizza &  
Wedges

Sweetcorn

Strawberry Yoghurt  
With Strawberry  
Sauce

Ham Roll  
Cheese Roll

Beef  
Bolognaise Pasta

Vegan Bolognaise  
Pasta

Broccoli

Autumn Fruit Pie And  
Custard

Chicken Roll  
Egg Mayonnaise Roll

Roast Chicken  
& Gravy

Cheese, Leek And  
Potato Pie

Roast Potatoes &  
Seasonal Vegetables  
(Carrots, Swede And  
Leek)

Strawberry Jelly

Ham Roll  
Cheese Roll

Sweet And Sour  
Chicken With Carrot  
Rice

Mixed Bean And  
Vegetable Wrap

Garden Peas

Chocolate Sponge  
And Chocolate Sauce

Tuna Mayonnaise  
Roll  
Cheese Roll

Fish Fingers & Chips

Southern Style Quorn  
Burger & Chips

Baked Beans

Carrot Cake Cookie

Ham Roll  
Egg Mayonnaise Roll

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**AVAILABLE EVERYDAY**

Baked Potato

Served With Either  
Cheese, Tuna Mayo Or  
Baked Beans

**AVAILABLE EVERYDAY**

Freshly Cooked Pasta

Served with Cheese Sauce  
(Mon/Wed/Fri) Or Tomato  
Sauce (Tues/Thurs)

Key And Additional Information \*

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from beef



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50-50 Wholemeal Pasta/  
Wholegrain Grain Rice



# IFG Primary Menu

## AVAILABLE EVERYDAY



jelly, fruit and  
yoghurts



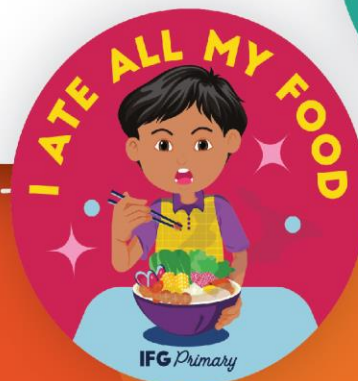
pasta served with  
a sauce of the day



freshly baked  
jacket potato

## COLLECT OUR STICKERS!

When you try new foods and eat a variety of colourful fruits and veggies, you can collect our amazing "Good Eater" stickers.



## DID YOU KNOW?

Water makes up two thirds of our body. Water carries nutrients to cells, helps maintain body temperature and keeps your brain awake. We should always drink plenty of water as it's by far the healthiest drink!

