

MENU WEEK 1

SERVED W/C:

27th Oct | 17th Nov | 8th Dec | 19th Jan |
9th Feb | 2nd Mar | 23rd Mar | 13th Apr

Cucina IFG

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN
MEAL

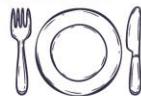
OPTION
1

Cheese & Bean
Lasagne



OPTION
2

Sticky Chinese Chicken
& Vegetable Rice



VEGGIES

Carrots
& Peas



PASTA

Cheese
Sauce



FILLED
ROLLS

Ham
Cheese



Margherita
Pizza & Wedges



Traditional Creamy
Beef Lasagne



Vegan Lentil & Stuffing
Pastry Roll



Roast Gammon with
Roast Potatoes & Gravy

BBQ Quorn & Peppers
& Rice



Vegan Vegetable Nuggets
& Chips



Chicken in a Katsu Curry
Sauce & Rice



MSC Approved Fish
Fingers & Chips

Beans



Broccoli



Roasted
Carrots & Parsnips

Peas



House Tomato
Sauce



Cheese
Sauce



House Tomato
Sauce



Creamy
Pesto



Chicken
Egg

Ham
Cheese

Tuna Mayo
Cheese

Egg
Cheese

AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET
TREATS



Blueberry
Cookie Bar



Chocolate &
Banana Brownie



Strawberry Yoghurt &
Strawberry Sauce



Apple &
Cocoa Sponge



Raspberry
Jelly



Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice



Vegetarian



Vegan



Added Wholewheat



MENU WEEK 2

SERVED W/C: 3rd Nov | 24th Nov | 15th Dec | 5th Jan | 26th Jan | 16th Feb | 9th Mar | 30th Mar | 20th Apr

Cucina IFG

Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL  OPTION 1 Margherita Pizza & Wedges 	VEGGIES  OPTION 2 Vegan Sausage & Mashed Potatoes & Gravy 	PASTA  Vegan Cottage Pie & Gravy  	PASTA  Cheesy Cauliflower Pasta Bake 	FILLED ROLLS  Tex-Mex Vegetable Fajita Wrap 
VEGGIES  MSC Approved Salmon Pasta Bake 	PASTA  Pork & Beef Sausage, Mashed Potatoes & Gravy	PASTA  Roast Turkey with Roast Potatoes & Gravy	PASTA  Mild Caribbean Chicken Curry & Carrot Rice  	PASTA  MSC Approved Fish & Chips
VEGGIES  Peas 	PASTA  Carrot & Peas 	PASTA  Broccoli & Cauliflower	PASTA  Carrot & Mixed Salad 	PASTA  Baked Beans 
VEGGIES  Cheese Sauce 	PASTA  House Tomato Sauce 	PASTA  Cheese Sauce 	PASTA  House Tomato Sauce 	PASTA  Creamy Pesto 
VEGGIES  Tuna Mayo Cheese	PASTA  Chicken Egg	PASTA  Ham Cheese	PASTA  Tuna Mayo Cheese	PASTA  Egg Cheese

AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS



Strawberry Mousse 

Oaty Apple Crumble & Custard 

Original Flapjack 

Chocolate & Carrot Muffin 

Raspberry Jelly & Mandarins 

Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice 

Vegetarian 

Vegan 

Added Wholewheat 

MENU WEEK 3

SERVED W/C: 20th Oct | 10th Nov | 1st Dec | 22nd Dec | 12th Jan | 2nd Feb | 23rd Feb | 16th Mar | 6th Apr

Cucina IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Mixed Vegetable & Bean Fajita & Oven Baked Wedges 	Vegetarian Chilli Nacho Bake & Rice 	Vegan Roast Quorn Fillet with Roast Potatoes & Gravy 	Baked Creamy Mac 'N' Cheese 	Vegan Sausage Roll & Chips 
OPTION 1	Chicken & Spinach Pasta Bake 	Mild Beef Chilli & Rice 	Roast Chicken with Roast Potatoes & Gravy	Creamy Chicken Curry & Carrot Rice 	MSC Approved Fish Fingers & Chips
OPTION 2	Peas & Carrots 	Sweetcorn 	Broccoli & Peas 	Carrot & Mixed Salad 	Beans 
VEGGIES	Cheese Sauce 	House Tomato Sauce 	Cheese Sauce 	House Tomato Sauce 	Creamy Pesto 
PASTA	Ham Cheese	Chicken Egg	Ham Cheese	Tuna Mayo Cheese	Egg Cheese
FILLED ROLLS					

AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS	Strawberry Yoghurt & Strawberry Sauce 	Mixed Berry & Apple Crumble with Custard 	Orange Jelly & Mandarins 	Gingerbread Squares with Custard 	Garden Brownie 
Desserts available every day - a choice of jelly, fruit or yoghurt					
KEY	Nutritionist's Choice 	Vegetarian 	Vegan 	Added Wholewheat 	