IFG Primary



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Pasta Bolognaise & Garlic Slice	Mild Chicken Korma & 50/50 Rice	Roast Loin Of Pork, Stuffing, Roast Potatoes, Yorkshire Pudding & Gravy	Chicken & Vegetable Stir Fry with 50/50 Rice	Fish Fingers & Chips
Vegetarian Main Meal	Vegan Lentil Bolognaise & Garlic Slice	Sweet Potato & Chickpea Korma With 50/50 Rice	Vegan Sausage Puff	Wholemeal Baked Margherita Pizza	Beany Enchilada & Chips
Vegetables	Garden Peas Sweetcorn	Carrots Green Beans	Steamed Root Vegetables Garden Peas	Sweetcorn Broccoli	Garden Peas Baked Beans
Jacket Potatoes	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese
Pudding	Shortbread Finger & Yoghurt Dip	Marbled Sponge & Custard	Mandarin Orange Jelly & Ice Cream	Peach Crumble & Custard	Chocolate Brownie Sundae

IFG Primary



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Traditional Sausage & Mash with Onion Gravy	Smoked Ham Pizza with Baked Potato Wedges	Roast Gammon, Stuffing, Roast Potatoes, Yorkshire Pudding & Gravy	Beef Chilli Con Carne with 50/50 Rice	Baked Fish & Chips
Vegetarian Main Meal	Plant Based Cumberland Sausage & Mash with Gravy	Bean & Vegetable Tagine with Wholegrain Rice	Macaroni Cheese Bake	Pizza Wrap with 50/50 Rice	Tomato & Basil Pasta
Vegetables	Carrots Broccoli	Sweetcorn Baked Beans	Roasted Root Veg Spring Greens	Green Beans Corn Cobettes	Baked Beans Garden Peas
Jacket Potatoes	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese
Pudding	Fruit Yoghurt	Raspberry Jam Sponge & Custard	Fruity Jelly	Sticky Pineapple Upside Down Sponge & Ice Cream	Chocolate Chip Cookie & Yoghurt Dip

IFG Primary



Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Turkey Meatballs with Tomato & Basil Pasta	Sweet & Sour Chicken with 50/50 Rice	Roast Turkey, Stuffing, Roast Potatoes, Yorkshire Pudding & Gravy	Beef Lasagne with Garlic Slice	Fish Fingers & Chips
Vegetarian Main Meal	Roast Squash & Bean Tacos	Quorn Hot Dog with Diced Potatoes	Chickpea, Tomato & Pepper Parcel	Red Lentil Roasted Vegetable Pasta	Leek & Cheddar Quiche
Vegetables	Broccoli Carrots	Green Beans Sweetcorn	Roasted Root Vegetables Garden Peas	Broccoli Carrots	Garden Peas Baked Beans
Jacket Potatoes	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese
Pudding	Marble Sponge & Chocolate Custard	Apple Sponge & Custard	Chocolate Brownie & Chocolate Sauce	Pear & Oat Crumble with Custard	Mandarin Orange Jelly & Ice Cream