IFG Primary



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WEEK I	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN MEAL	Salmon Sub Melt with Wedges	Beef Chilli Con Carne with 50/50 Carrot Rice	Roast Turkey with Mash & Gravy	Chicken & Tomato Wholegrain Pasta Bake	Fish Fingers & Chips	
HALAL MAIN MEAL	Salmon Sub Melt with Wedges	Halal Beef Chilli Con Carne with 50/50 Carrot Rice	Halal Roast Turkey with Mash & Gravy	Halal Chicken & Tomato Wholegrain Pasta Bake	Fish Fingers & Chips	
VEGETARIAN MAIN MEAL	Italian Cheese & Tomato Pizza, Oven Baked Wedges	Vegan Lentil Bolognaise	Vegan Sausage Puff with Mash & Gravy	Crispy Topped Mac n Cheese	Slightly Spicy Vegan Bean Burger & Chips	
VEGETABLES	Carrots & Peas	Garden Peas	Seasonal Vegetables	Sweetcorn	Baked Beans	
JACKET POTATOES	Cheese, Baked Beans or Tuna Mayo					
PUDDING	Homemade Strawberry Yoghurt	Sticky Toffee Apple Crumble with Custard	Raspberry Jelly & Mandarins	Pear & Cocoa Sponge with Vanilla Sauce	Chocolate Cookie	
HALAL PICK & MIX SANDWICHES & DESSERT	Halal Chicken Roll Cheese Roll Homemade Strawberry Yoghurt	Halal Chicken Roll Egg Mayonnaise Roll Sticky Toffee Apple Crumble with Custard	Ham Roll Cheese Roll Raspberry Jelly & Mandarins	Tuna Mayonnaise Roll Cheese Roll Pear & Cocoa Sponge with Vanilla Sauce	Ham Roll Egg Mayonnaise Roll Chocolate Cookie	

IFG Primary



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN MEAL	Traditional Pork Sausage & Mash with Gravy	Chicken Tikka Masala with 50/50 Rice	Roast Chicken with Roasties & Gravy	Creamy Beef & Tomato Lasagne	Battered Fish & Chips	
HALAL MAIN MEAL	Halal Chicken Sausage & Mash with <mark>Gravy</mark>	Halal Chicken Tikka Masala with 50/50 Rice	Halal Roast Chicken with Roasties & Gravy	Halal Creamy Beef & Tomato Lasagne	Battered Fish & Chips	
VEGETARIAN MAIN MEAL	Vegan Saus <mark>age & Mash</mark> wit <mark>h Gravy</mark>	Vegan Quorn & Spinach Korma with 50/50 Rice	Tomato & Spinach Spanish Omelette	Vegan Bean Lasagne	Vegan Nuggets with Chips	
VEGETABLES	Carrots	Kachumber Salad (Cucumber, Tomato & Onion)	Seasonal Vegetables	Sweetcorn	Baked Beans	
JACKET POTATOES	Cheese, Baked Beans or Tuna Mayo					
PUDDING	Vegan Shortbread	Apple sponge	Homemade Strawberry Yoghurt	Orange Mandarin Jelly	Banana Muffin	
HALAL PICK & MIX SANDWICHES & DESSERT	Ham Roll Cheese Roll Vegan Shortbread	Halal Chicken Roll Egg Mayonnaise Roll Oaty Apple Crumble with Custard	Ham Roll Cheese Roll Homemade Strawberry Yoghurt	Tuna Mayonnaise Roll Cheese Roll Orange Mandarin Jelly	Ham Roll Egg Mayonnaise Roll Banana Muffin	

IFG Primary



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN MEAL	Ham Pizza with Oven Baked Wedges	Beef Bolognaise with 50/50 Pasta	Chicken Strips with Roast Potatoes & Gravy	Chicken Fried Rice	Fish Fingers & Chips	
HALAL MAIN MEAL	Halal Turkey Ham Pizza with Oven Baked Wedges	Halal Beef Bolognaise with 50/50 Pasta	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Chicken Fried Rice	Fish Fingers & Chips	
VEGETARIAN MAIN MEAL	Cheese & Tomato Pizza with Oven Baked Wedges	Vegan Roasted Vegetable Bolognaise with 50/50 Pasta	Pizza Wrap with Diced Potatoes	Vegetable Fried Rice	Vegan BBQ Falafel Burger & Chips	
VEGETABLES	Mixed Garden Salad	Sweetcorn	Seasonal Vegetables	Garden Peas	Baked Beans	
JACKET POTATOES	Cheese, Baked Beans or Tuna Mayo					
PUDDING	Strawberry Yoghurt	Pear & Apple Crumble with Custard	Strawberry Jelly with Fruit Salad	Jam Sponge with Custard	Chocolate Brownie	
HALAL PICK & MIX SANDWICHES & DESSERT	Ham Roll Cheese Roll Strawberry Jelly with Fruit Salad	Halal Chicken Roll Egg Mayonnaise Roll Pear & Apple Crumble with Custard	Ham Roll Cheese Roll Homemade Strawberry Yoghurt	Tuna Mayonnaise Roll Cheese Roll Jam Sponge with Custard	Ham Roll Egg Mayonnaise Roll Chocolate Brownie	