IFG Primary



WEEK I	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN MEAL	Cheesy Salmon Sub Melt with Baked Wedges	Creamy Beef & Vegetable Lasagne	Roast Chicken & Roast Potatoes with Gravy	Fragrant Sweet & Sour Chicken with Wholegrain & White Rice	Battered Fish & Chips	
HALAL MAIN MEAL	Cheesy Salmon Sub Melt with Baked Wedges	Creamy Halal Beef & Vegetable Lasagne	Halal Roast Chicken & Roast Potatoes with Gravy	Fragrant Sweet & Sour Halal Chicken with Wholegrain & White Rice	Battered Fish & Chips	
VEGETARIAN MAIN MEAL	Italian Cheese & Tomato Pizza with Baked Wedges	Vegan Bean & Vegetable Lasagne	Vegan Sausage Puff & Roast Potatoes with Gravy	Vegetable Katsu Curry with Wholegrain & White Rice	Vegan Vegetable Nuggets & Chips	
VEGETABLES	Carrots & Peas	Garden Peas	Seasonal Vegetables	Sweetcorn	Baked Beans	
JACKET POTATOES	Cheddar Cheese, Baked Beans or Tuna Mayonnaise					
PUDDING	Strawberry Yoghurt	Pear & Cocoa Sponge with Vanilla Sauce	Raspberry Jelly & Mandarins	Homemade Apple Crumble & Custard	Chocolate Cookie	
PICK & MIX SANDWICHES & DESSERT	Halal Chicken Roll Cheese Roll Strawberry Yoghurt	Halal Chicken Roll Egg Mayonnaise Roll Pear & Cocoa Sponge with Vanilla Sauce	Halal Chicken Roll Cheese Roll Raspberry Jelly & Mandarins	Tuna Mayonnaise Roll Cheese Roll Homemade Apple Crumble & Custard	Tuna Mayonnaise Roll Egg Mayonnaise Roll Chocolate Cookie	

IFG Primary



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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN MEAL	Vegan Sausage & Mash	Baked Beef Enchilada with Wholegrain & White Carrot Rice	Roast Turkey & Roast Potatoes with Gravy	Chicken, Tomato & Garlic Wholegrain & White Pasta Bake	Fish Fingers & Chips	
HALAL MAIN MEAL	Vegan Sausage & Mash	Halal Baked Beef Enchilada with Wholegrain & White Carrot Rice	Halal Roast Turkey & Roast Potatoes with Gravy	Halal Chicken, Tomato & Garlic Wholegrain & White Pasta Bake	Fish Fingers & Chips	
VEGETARIAN MAIN MEAL	Vegan Sausage & Mash	Plant Based Chilli with Wholegrain & White Carrot Rice	Tomato & Spinach Spanish Omelette	Crispy Topped Mac 'n' Cheese	Cheese & Onion Pasty with Chips	
VEGETABLES	Carrots	Sweetcorn	Seasonal Vegetables	Tomato, Cucumber & Carrot Salad	Baked Beans	
JACKET POTATOES	Cheddar Cheese, Baked Beans or Tuna Mayonnaise					
PUDDING	Vegan Shortbread	Oaty Apple Crumble & Custard	Strawberry Yoghurt	Orange Mandarin Jelly	Apple Sponge & Custard	
PICK & MIX SANDWICHES & DESSERT	Tuna Mayonnaise Roll Cheese Roll Vegan Shortbread	Halal Chicken Roll Egg Mayonnaise Roll Oaty Apple Crumble & Custard	Halal Chicken Roll Cheese Roll Strawberry Yoghurt	Tuna Mayonnaise Roll Cheese Roll Orange Mandarin Jelly	Tuna Mayonnaise Roll Egg Mayonnaise Roll Apple Sponge & Custard	

IFG Primary



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN MEAL	Cheese & Tomato Pizza with Baked Wedges	Beef Meatballs with Wholegrain & White Pasta, Tomato & Basil	Roast Chicken & Roast Potatoes with Gravy	Fragrant Chicken & Chickpea Korma with Fluffy White Rice	Our Own Recipe Southern Fried Chicken Strips & Chips	
HALAL MAIN MEAL	Cheese & Tomato Pizza with Baked Wedges	Halal Beef Meatballs with Wholegrain & White Pasta, Tomato & Basil	Halal Roast Chicken & Roast Potatoes with Gravy	Halal Fragrant Chicken & Chickpea Korma with Fluffy White Rice	Our Own Recipe Halal Southern Fried Chicken Strips & Chips	
VEGETARIAN MAIN MEAL	Cheese & Tomato Pizza with Baked Wedges	Vegan Roasted Veg Bolognaise with Wholegrain & White Pasta	Vegan Wellington & Roast Potatoes with Gravy	Squash, Chickpea & Spinach Korma with Fluffy White Rice	Onion Bhaji Burger & Chips	
VEGETABLES	Tomato, Cucumber & Carrot Salad	Sweetcorn	Seasonal Vegetables	Garden Peas	Baked Beans	
JACKET POTATOES	Cheddar Cheese, Baked Beans or Tuna Mayonnaise					
PUDDING	Strawberry Yoghurt	Pear & Apple Crumble with Custard	Strawberry Jelly with Fruit Cocktail	Sticky Lemon Sponge & Custard	Chocolate Brownie	
PICK & MIX SANDWICHES & DESSERT	Tuna Mayonnaise Roll Cheese Roll Strawberry Yoghurt	Halal Chicken Roll Egg Mayonnaise Roll Pear & Apple Crumble with Custard	Halal Chicken Roll Cheese Roll Strawberry Jelly with Fruit Cocktail	Tuna Mayonnaise Roll Cheese Roll Sticky Lemon Sponge & Custard	Tuna Mayonnaise Roll Egg Mayonnaise Roll Chocolate Brownie	