Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	**Meatball Pasta Bake** Italian style meatballs cooked in our homemade tomato sauce with garlic bread **(gl)**	**Chicken Gyros** Greek flavoured chicken, peppers and onions served with string fries in a folded naan bread. (gl)	**Pepperoni Pizza** Pizza bases topped with our tangy pizza sauce, cheese and topping of your choice, with corn on cobs (gl)(mk)	**Chicken Tikka Curry** Chicken pieces cooked in our homemade sauce packed with flavour, served with fluffy rice & onion bhajis (mst)	**Fish & Chips** Fish fillets oven baked, served with chips sweetcorn or beans (gl)(fsh)
Vegetarian	**Veggie Meatball Pasta Bake** Vegetable meatballs cooked in our homemade sauce with garlic bread (soy)(gl)	**Halloumi Gyros** Greek flavoured halloumi, peppers and onions served with string fries in a folded naan bread. (gl)(mk)	**Margherita pizza** Pizza bases topped with our homemade pizza sauce and topped with delicious mixed cheese with corn cobs (gl)(mk)	**Vegetable Curry** Roasted vegetables in our homemade sauce, packed with flavour served with fluffy rice & onion bhajis (mst)	**Spicy Bean Burger** Spicy bean burger served in a soft bun, lettuce & mayonnaise served with chips, sweetcorn or beans (gl)(eg)
Grab & Go	**Cornish Pasty** Traditional Cornish pastries oven baked and served with mini roasted potatoes & beans (mk)(gl)	**Pesto Pasta** Homemade Pesto mixed with penne pasta served with garlic bread (gl)(mk)	**Ham & Pineapple Pizza** Pizza bases topped with our homemade pizza sauce, cheese and a topping of your choice with corn on cobs (gl)(mk)	**Deli bagel** Bagels filled with deli meats, cheese, served with salad & tortilla chips (gl)(mk)	**Southern Fried Chicken Goujons & Chips** Southern fried goujon strips oven baked served with chips, sweetcorn or beans (gl)(cel)

Week2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	**Chorizo Mac & cheese** A twist on the classic "mac & cheese" Served with garlic bread balls (gl)(mk)	**Sticky Chicken Noodles** Noodles stir fried with vegetables & chicken and in a sticky honey soy sauce served with spring rolls (gl)(soy)	**Pepperoni Pizza** Pizza bases topped with homemade tomato sauce, cheese and a choice of toppings (gl)(mk)	**Sausage & Mash** Butchers finest pork sausages, creamy mashed potatoes, peas and our homemade Yorkshire puddings. (sd)(gl)(eg)(mk)	**Fish & Chips** Fish fillets oven baked, served with chips, beans or sweetcorn (gl)(fsh)
Vegetarian	**Macaroni Cheese** A classic pasta dish macaroni pasta served in our homemade creamy cheese sauce & served with garlic bread (gl)(mk)	**Sticky Quorn Noodles** Noodles stir fried with vegetables & Quorn and in a sticky honey soy sauce served with spring rolls (gl)(soy)	**Margherita Pizza** Pizza bases topped with homemade tomato sauce, cheese and a choice of toppings (gl)(mk)	**Vegetable Sausages & Mash** Vegetables sausages, creamy mashed potatoes, peas and our homemade Yorkshire puddings. (gl)(eg)(mk)(sd)	**Vegan Nuggets & Chips** Vegan nuggets oven baked served with chips, sweetcorn or beans (gl)
Grab & Go	**Jacket Potato Bar** Fluffy jacket potato with a choice of 3 toppings Beef chilli, tuna mayo & sweetcorn, beans, cheese, . **(ask for allergy information**	**Deli Flatbread** Italian flatbreads stuffed with deli meats, mozzarella cheese & beef tomatoes served with salad and tortilla chips (gl)(mk)	**BBQ Chicken Pizza** Pizza bases topped with homemade tomato sauce, cheese and a choice of toppings (gl)(mk)	**Tomato Soup & Toastie** Homemade creamy tomato soup served with a grilled cheese panini (gl)(mk)	**Chicken Nuggets & Chips** Battered chicken nuggets served with chips, sweetcorn or beans (gl)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	**Tex Mex Pasta Bake** Pasta mixed with Bolognese and homemade tomato sauce, with crushed tortilla chips & cheese, oven baked & served with garlic bread. (gl) (mk)	**Chicken Tikka Naan** Folded naan bread stuffed with chicken tikka pieces, onions and peppers servrd with salad & onion bhaji, topped with a mint and yoghurt sauce (gl)(mst)(mk)(eg)	**Pepperoni Pizza** Pizza bases topped with homemade tomato sauce, cheese and a choice of toppings corn on cobs & coleslaw (gl)(mk)(eg)	**Chilli Topped Nachos** A favourite at IGS of slightly spicy homemade beef chilli on top of crunchy nachos, cheese, sour cream & salsa (mk)	**Fish & Chips** Fish fillets oven baked, served with chips, peas or beans (gl)(fsh)
Vegetarian	**Vegetable Mince Tex Mex Pasta** Pasta mixed with vegetable Bolognese and homemade tomato sauce, with crushed tortilla chips & cheese, oven baked & served with garlic bread. (gl) (mk) (soy)	**Veggie Meatballs & Mash** Veggie meatballs cooked in our secret recipe gravy and served with creamy , buttery mashed potatoes with a side of peas (gl)(mk)	**Margherita Pizza** Pizza bases topped with homemade tomato sauce, cheese and a choice of toppings,coern on cobs & coleslaw (gl)(mk)(eg)	**Veggie Chilli Nachos** A favourite at IGS of slightly spicy homemade vegan chilli on top of crunchy nachos, cheese, sour cream & salsa (mk)(soy)	**Cauliflower Bites & Chips** **Spicy cauliflower bites oven baked and served with chips peas or beans**
Grab & Go	**Pulled Pork Pretzel Burger** Slow cooked pulled pork in a tangy BBQ sauce served in a pretzel bun with salad and tortilla chips (gl)	**Meatballs & Mash** Italian style meatballs cooked in our secret recipe gravy and served with creamy , buttery mashed potatoes, with a side of peas (gl)(mk)	**Ham & Cheese Pizza** Pizza bases topped with our homemade pizza sauce and delicious toppings, corn on cobs & coleslaw (gl)(mk) (eg)	**Chicken Fried Rice** Egg fried rice with chicken, mildly spiced with a soy & ginger sauce (soy)(eg)	**Chicken Chunks & Chips** Battered chicken balls oven baked, served with chips, beans or peas (gl)(soy)