

Innovate



# DON'T MISS OUT ON **FREE** SCHOOL LUNCHES EVERY DAY!

**Innovate provide delicious, nutritious meals** every day in your school. Our chefs cook everything fresh each day with a huge choice at break and lunch.

**Amazing food with loads of choice** and an exciting modern twist is what we're all about. Don't just take our word for it, have a look at the sample menu overleaf!

## **FREE SCHOOL MEALS - WHY YOU SHOULD USE IT**

Free school meal funding can bring over £475 a year of fantastic fresh food.

If your child is entitled to Free School Meals, the allowance means that they can choose one of our **GREAT MEAL DEALS** at breaktime or lunchtime. This will be completely **FREE OF CHARGE** up to the free meal allowance with no extra to pay. We only ask that their choices consist of a balanced meal.

Confidentiality is ensured as the allowance is automatically loaded onto your child's account. They then use their balance in same way as all our customers with their card or the biometric system. You can also add extra money on to their account, if you wish, which does not impact on the funding at all.

**IF YOU'RE ELIGIBLE, DON'T MISS OUT! IT'S A COMPLETELY **SAFE AND DISCREET** WAY FOR YOUR CHILD TO ENJOY A **DELICIOUS** LUNCH EVERYDAY**

To find out if you are entitled then visit [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)



## SO MUCH CHOICE



You can **choose from a great range** from modern and traditional main meals from roasts and curries to international street foods with stir fries, noodles pastas, burritos and wraps all made from fresh ingredients every day. There's a great selection of vegetarian and vegan meals plus a tempting salad bar and hearty fresh soups.

You can choose from our wide range of fresh, tasty meal deals up to the free school meal allowance at break or lunch **free of charge.**

All we ask is that they are nutritionally balanced **e.g., Main meal and dessert, hot wrap and flapjack or a baguette and a drink.**





# OUR MENU



## CLASSIC HOT & HEARTY

### CLASSIC MAIN MEALS

#### MONDAY

Fragrant Chicken Tagine with Jewelled Lemon Couscous

#### TUESDAY

Classic Beef Lasagne, Garden Salad & Homemade Garlic Bread

#### WEDNESDAY

Salt & Pepper Roast Chicken, Crisp Roasties, Roasted Root Vegetables & House Gravy

#### THURSDAY

Chicken Tikka Masala, Wholegrain & White Rice, Kachumber Salad & Mango Chutney

#### FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

### VEGETARIAN MAIN MEALS

#### MONDAY

Hariisa Roasted Sweet Potato & Chickpea Tagine with Jewelled Lemon Couscous (VE)

#### TUESDAY

Vegetable & Mixed Bean Lasagne, Garden Salad & Homemade Garlic Bread (V)

#### WEDNESDAY

Crunchy Topped Macaroni Cheese, House Salad or Seasonal Vegetables (V)

#### THURSDAY

Goan Potato & Spinach Curry, Wholegrain & White Rice, Kachumber Salad & Mango Chutney (VE)

#### FRIDAY

Roasted Provencale Vegetable & Feta Pasty with Chips & Peas (V)

### DESSERTS

#### MONDAY

Berry & Apple Crumble with Custard

#### TUESDAY

Sticky Toffee Pudding with Butterscotch Sauce

#### WEDNESDAY

Pear & Cocoa Sponge with Custard

#### THURSDAY

Apple & Chocolate Pinwheel

#### FRIDAY

Manager's Special

Fruit & Yoghurt Pots Available Daily

**HOMEMADE SOUP & FRESHLY BAKED BREAD**  
Available Daily

**JACKET POTATOES**  
Topped with a Choice of: Cheese, Tuna or Beans Available Daily



#### MONDAY

Buffalo Cauliflower Wings on Salt & Pepper Wedges (V)

#### TUESDAY

Greek Souvlaki Chicken

#### WEDNESDAY

Korean Crispy Fried Chicken

#### THURSDAY

Mei Goreng Indonesian Fried Noodles (V)

#### FRIDAY

Manager's Street Vibes Special

## NATURally

#### MONDAY

Sweet Chilli Glazed Vegan Bites (VE)

#### TUESDAY

The Big Plant Burger (VE)

#### WEDNESDAY

Vegetable Gyozas in a Chilli & Ginger Broth (V)

#### THURSDAY

Lentil Buddha Bowl (VE)

#### FRIDAY

Vegan Bean & Jalapeno Burrito (VE)

## TRATTORIA



#### MONDAY

Tomato & Basil Pasta

#### TUESDAY

Manager's Special

#### WEDNESDAY

Mozzarella & Tomato or Spicy Sausage, Cheese & Tomato Pizza

#### THURSDAY

Manager's Special

#### FRIDAY

Mozzarella & Tomato or BBQ Chicken, Cheese & Tomato Pizza

Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.

