Innovate IFG

TARIFF SEPTEMBER 2024

TARIFF SEPTEMBER			
BREAKFAST	PRICE	HOMEBAKES	PRICE
Breakfast Roll	£1.55	Muffins	£1.30
Mini Breakfast Baguette	£1.55	Small Cakes	£1.00
3 Piece Breakfast Pot	£2.10	Cookies/Brownie	£1.30
Toast with Butter or Jam	£0.35	Chocolate/Cheese Straw	£1.30
Pancake with Topping	£1.25	HOT GRAB & GO	
Waffle with Topping	£1.65	Ciabatta/Bagel	£2.65
Pastries & Croissants	£1.65	Panini – Half/Whole	£1.55/£2.65
Cereals + Milk (8oz)	£1.00	Toastie - Half/Whole	£1.10/£2.20
Porridge for Staff	£1.00	Korean Crispy Chicken	£2.65
Porridge for Students	Free	Tandoori Chicken Naan	£3.00
Porridge Toppings	£0.45	Wrap/Twister	£2.65
COLD GRAB & GO		Chicken Wings	£2.30
Blue Dot Roll	£1.10	Shawarma	£2.65
Deli Sub Roll/Sandwich	£2.20	Pizza Slice (Break Time)	£1.55
Wrap	£2.65	Chicken Fajita Taco Boat	£3.00
Naturally – Premium Salad	£3.00	Hot Bowls	£2.65
Basic Baguette/Premium Baguette	£2.35/£2.65	Hot Pasta Pot – Med/Lrg	£2.20/£2.50
Half Baguette	£1.55	Jacket Potato – 1 Topping	£2.10
Cold Pasta Pot 16oz	£2.50	ALL POWER BITES	
Vegetable Sticks with Houmous	£1.60	Range of 8oz Nutritious Rice & Noodle Dishes	£1.30
Protein Pots	£1.00	SOUP	
Salad Pots	£2.00	Fresh Soup Available Daily	£1.80
Yoghurt/Jelly/Fruit Pots	£1.00		
Whole Fruit	£0.55		d hoverages
		Ton hot for	od and beverages

VAT on hot food and beverages will be charged at the current rate for all staff members

WEEK COMMENCING

(V) - VEGETARIAN (VE) - VEGAN

06/01/2025 27/01/2025 17/02/2025 10/03/2025 31/03/2025

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Lemon & Herb Piri Piri Chicken with Spicy Rice

TUESDAY

Classic Beef Lasagne, Garden Salad & Homemade Garlic Bread

WEDNESDAY

Honey Glazed Roast Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

THURSDAY

Creamy Chicken Korma with Rice

FRIDAY

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

MONDAY

Piri Piri Quorn, Macho Peas and Spicy Rice (VE)

TUESDAY

Vegetable & Mixed Bean Lasagne, Garden Salad & Homemade Garlic Bread

WEDNESDAY

Roasted Squash & Feta Pie, Seasonal Vegetables or Salad (V)

THURSDAY

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

FRIDAY

Crispy Onion Pakora Burger with Mango Chutney & Garden Peas (VE)







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Buffalo Cauliflower Wings on Salt & Pepper Wedges (VE)

Chicken Yakitori with Rice

Loaded Potato Skins

Garlic & Lemon Chicken Gyros

MONDAY

Pakistani Tarka

Dhal

(VE)

TUESDAY

(VE)

Vegan Singapore Noodles

WEDNESDAY

Vegan Ramen Bowl (VE)

THURSDAY

The Big Plant

Burger

(VE)

Garlic & Chilli Noodles (VE)

FRIDAY

DESSERTS

MONDAY

Syrup Sponge with Vanilla

sauce

TUESDAY

Apple Strudel &

Custard

WEDNESDAY

THURSDAY

FRIDAY

Chocolate Sponge & Chocolate Sauce Pear & Cocoa Sponge

Fruit, Jelly & Yoghurt Pots

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**

TRATTORIA 3





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Tomato & Basil Pasta

Pasta in a Cheese Sauce

Mozzarella & Tomato or Pepperoni, Cheese & Tomato Pizza Tomato & Basil Pasta

Margherita Pizza





WEEK COMMENCING

(V) - VEGETARIAN (VE) - VEGAN

13/01/2025 03/02/2025 24/02/2025 17/03/2025

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Traditional Sausage & Mash with Onion Gravy

TUESDAY

Creamy Garlic Chicken & Mushroom Pasta with Garden salad

WEDNESDAY

Hand Carved Roast British Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy

THURSDAY

Terriyaki Beef & Carrot Rice

FRIDAY

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

MONDAY

Vegan Sausage & Mash with Onion Gravy (VE)

TUESDAY

No Waste Cauliflower Cheese Pasta Bake (V)

WEDNESDAY

Cheese, Leek and Potato Pie (V)

THURSDAY

Chinese Vegetable Stir-Fry (VE)

FRIDAY

Quorn 1/4 lb Burger with Ranch Slaw, Chips & Peas (V)









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Terriyaki Chicken Wings with Chahan Rice

Korean Fried Crispy Chicken Chipotle Chicken Chimichanga

Mei Goreng Indonesian Fried Noodles



MONDAY

Reggae Reggae

Jackfruit Curry

(VE)

TUESDAY

Noodles

(VE)

Vegan Singapore

Jerk Jackfruit Open Wrap (VE)

WEDNESDAY

The Big Plant

Burger

(VE)

THURSDAY

Garlie & Chilli Noodles (VE)

FRIDAY

DESSERTS

MONDAY

Apple Pie &

Custard

TUESDAY

Peach &

Pineapple

Crumble

WEDNESDAY

Sticky Lemon Sponge & Custard

Baked Churros

with Chocolate

Sauce

THURSDAY

Fruit, Jelly & yoghurt Pots

FRIDAY

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**

TRATTORIA





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Tomato & Basil Pasta

Creamy Pesto Pasta

Mozzarella & Tomato or Pepperoni, Cheese &

Tomato Pizza

Pasta in Cheese Sauce

Margherita Pizza





WEEK COMMENCING

(V) - VEGETARIAN (VE) - VEGAN

20/01/2025 10/02/2025 03/03/2025 24/03/2025

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Kung Pao Chicken, Wholegrain & White Egg Fried Rice

TUESDAY

Beef & Tomato Ragout with Wholegrain Pasta & House Salad

WEDNESDAY

Roast Shoulder of Pork or Salt & Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

THURSDAY

Chicken Makhani Curry with Pilau Rice

FRIDAY

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

MONDAY

Asian Vegetable. Soya Bean & Noodle Stir Fry (VE)

TUESDAY

Plant Based Bolognaise with Wholegrain Pasta & House Salad (VE)

WEDNESDAY

Smashed Butternut Squash Mac and Cheese with Slaw and Garden Salad (V)

THURSDAY

Egg Plant Katsu Curry (V)

FRIDAY

Chickpea, Carrot & Sesame Burger, Asian Slaw, Chips & Peas (V)









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Loaded Mediterranean Street Cart Wedges

Chicken Yakatori with Vegetable Rice

Korean Fried Crispy Chicken

Chinese Style Vegan Noodle (VE)



MONDAY

Fork Friendly Falafel Kebab (\vee)

TUESDAY

Vegan Singapore Noodles (\vee)

WEDNESDAY

Spiced Paneer & Red Onion Naan (\vee)

THURSDAY

Onion Bhaji Skewer with Bombay Potatoes

(VE)

Garlic & Chilli Noodles (VE)

FRIDAY

DESSERTS

MONDAY

Banana Pudding and Custard

TUESDAY

Warm Blueberry

Sponge

WEDNESDAY

Sticky Toffee

Pudding with

Caramel Sauce

THURSDAY

Apple & Mixed Berry Crumble with Vanilla

Fruit, Jelly & **Yoghurt Pots**

FRIDAY

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**

TRATTORIA 3





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Tomato & Basil Pasta

Creamy Pesto Pasta

Mozzarella & Tomato or Pepperoni Cheese & Tomato Pizza Pasta in Cheese Sauce

Margherita Pizza





