










LUNCH

All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.






Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cheese & Crackers	Crumpets with Jam	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
Lunchtime Main Meal	Beef Bolognese 	Homemade Pepperoni Pizza	Rosemary & Garlic Chicken	Cumberland Sausages	Breaded Fish Fingers
Lunchtime Meat Free	Sweet Potato & Lentil Bolognese 	Homemade Margherita Pizza	Quorn Sausages 	Vegetarian Shepherd's Pie 	Vegetable Fingers 
On the Side	Wholewheat Penne, Garlic Bread, Steamed Carrots & Green Beans	Steamed Broccoli & Sweetcorn	Roast Potatoes, Carrot & Swede Mash, Yorkshire Pudding & Gravy	Mashed Potato, Autumn Greens & Gravy	Thick Cut Chips, Garden Peas & Sweetcorn
Dessert	Cheshire Creameries Choc Ice	Fruity Sponge & Custard	Topped Yoghurt & Fruit Pots	Seeded Flapjack	Marble Cake
Afternoon Snack	Watermelon Slices	Blackberry & Banana Smoothie	Pineapple Fingers	Selection of Whole Fruit	Honeydew Melon Slices
Afternoon Tea	Quorn Nuggets,  Homemade Wedges & Pepper Sticks	Soup of the Day & Freshly Baked Bread	Mixed Vegetable Pasta Bake	Jacket Potato & Fillings	Pork Cassoulet  Or Mixed Bean Cassoulet

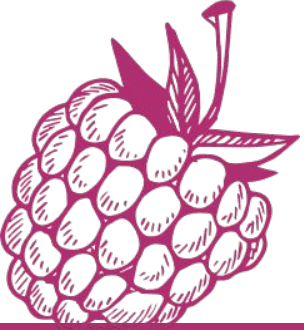


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Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cheese & Crackers	Crumpets with Jam	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
Lunchtime Main Meal	3 Cheese Tortellini	Lightly Battered Chicken Fillet	Roast Turkey	Chinese Style Pork	Breaded Fish Fingers
Lunchtime Meat Free	5 Bean & Vegetable Burrito 	Mixed Vegetable Patties	Homemade Red Pepper Quiche	Vegetable Spring Rolls 	Sweet Potato Falafel 
On the Side	Wholewheat Penne, Garlic Bread, Steamed Carrots & Green Beans	Seeded Bun, Sautéed Potatoes, Steamed Broccoli & Sweetcorn	Roast Potatoes, Carrot & Swede Mash, Yorkshire Pudding & Gravy	Steamed Rice, Mixed Greens & Gravy	Thick Cut Chips, Garden Peas & Sweetcorn
Dessert	Topped Yoghurts & Fruit Pots	Toffee Apple Pudding & Custard	Chocolate & Beetroot Brownie	Carrot Cake Bites	Organic Fruity Ice Lolly
Afternoon Snack	Watermelon Slices	Blackberry & Banana Smoothie	Pineapple Fingers	Selection of Whole Fruit	Honeydew Melon Slices
Afternoon Tea	Homemade Pork Sausage Roll, Homemade Wedges & Pepper Sticks	Mediterranean Vegetable Pasta Bake	Soup of the Day & Freshly Baked Bread	Jacket Potato & Fillings	Fajita's & Cucumber Sticks



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Morning Snack	Cheese & Crackers	Crumpets with Jam	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
Lunchtime Main Meal	3 Cheese Pasta Bake	Beef Chilli 	Roast Gammon	Chicken Tikka 	Breaded Fish Fingers
Lunchtime Meat Free	Sun Dried Tomato & Basil Pasta Bake	5 Bean Vegetable Chilli 	Roast Glazed Quorn 	Sweet Potato & Chickpea Curry 	Quorn Sausages 
On the Side	Garlic Bread, Steamed Carrots & Green Beans	Steamed Rice Broccoli & Sweetcorn	Roast Potatoes, Carrot & Swede Mash, Yorkshire Pudding & Gravy	Steamed Rice, Naan Bread, Roasted Carrots & Cauliflower	Thick Cut Chips, Garden Peas & Sweetcorn
Dessert	Topped Yoghurts & Fruit Pots	Autumn Fruit Crumble & Custard	Lemon & Coconut Drizzle Cake	Rice Pudding & Fruit Topping	White Chocolate & Raspberry Sponge
Afternoon Snack	Watermelon Slices	Blackberry & Banana Smoothie	Pineapple Fingers	Selection of Whole Fruit	Honeydew Melon Slices
Afternoon Tea	Soup of the Day & Freshly Baked Bread	Mixed Vegetable Burger, Homemade Wedges & Pepper Sticks	Beef & Mixed Vegetable Burrito 	Jacket Potato & Fillings	Pasta Carbonara Or Vegetable Carbonara