

LUNCH

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

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	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	
No.	Afternoon Snack	Watermelon Slices	Blackberry & Banana Smoothie	Pineapple Fingers	Selection of Whole Fruit	Honeydew Melon Slices	
000	Afternoon Tea	Quorn Nuggets, & Homemade Wedges & Pepper Sticks	Soup of the Day & Freshly Baked Bread	Mixed Vegetable Pasta Bake	Jacket Potato & Fillings	Pork Cassoulet o 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 Burrio	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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Week Three	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 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 Burr	Jacket Potato & Fillings	Pasta Carbonara Or Vegetable Carbonara
	Morning Snack Lunchtime Main Meal Lunchtime Meat Free On the Side Dessert Afternoon Snack	Week ThreeMONDAYMorning SnackCheese & CrackersLunchtime Main Meal3 Cheese Pasta BakeLunchtime Meat FreeSun Dried Tomato & Basil Pasta BakeOn the SideGarlic Bread, Steamed Carrots & Green BeansDessertTopped Yoghurts & Fruit PotsAfternoon SnackWatermelon SlicesAfternoon TeaSoup of the Day & Freshly Baked Bread	Week ThreeMONDAYTUESDAYMorning SnackCheese & CrackersCrumpets with JamLunchtime Main Meal3 Cheese Pasta BakeBeef ChilliLunchtime Meat FreeSun Dried Tomato & Basil Pasta Bake5 Bean Vegetable ChilliOn the SideGarlic Bread, Steamed Carrots & Green BeansSteamed Rice Broccoli & SweetcornDessertTopped Yoghurts & Fruit PotsAutumn Fruit Crumble & CustardAfternoon SnackWatermelon SlicesBlackberry & Banana SmoothieAfternoon TeaSoup of the Day & Freshly Baked BreadMixed Vegetable Burger, Homemade Wedges & Pepper Sticks	Week ThreeMONDAYTUESDAYWEDNESDAYMorning SnackCheese & CrackersCrumpets with JamTeacake with Unsalted SpreadLunchtime Main Meal3 Cheese Pasta BakeBeef ChilliRoast GammonLunchtime Meat FreeSun Dried Tomato & Basil Pasta Bake5 Bean Vegetable ChilliRoast Glazed Quorn Roast Glazed Quorn Steamed Rice Broccoli & SweetcornOn the SideGarlic Bread, Steamed Carrots & Green BeansSteamed Rice Broccoli & SweetcornRoast Potatoes, Carrot & Swede Mash, Yorkshire Pudding & GravyDessertTopped Yoghurts & Fruit PotsAutumn Fruit Crumble & CustardLemon & Coconut Drizzle CakeAfternoon SnackWatermelon SlicesBlackberry & Banana SmoothiePineapple FingersAfternoon TeaSoup of the Day & Freshly Baked BreadMixed Vegetable Burger, Homemade Wedges & Pepper SticksBeef Mixed Vegetable Burrer, Homemade Wedges & Mixed Vegetable Burrer	Week ThreeMONDAYTUESDAYWEDNESDAYTHURSDAYMorning SnackCheese & CrackersCrumpets with JamTeacake with Unsalted SpreadRaisin Bagel BitesLunchtime Main Meal3 Cheese Pasta BakeBeef ChilliRoast GammonChicken TikkaLunchtime Meat FreeSun Dried Tomato & Basil Pasta Bake5 Bean Vegetable ChilliRoast Glazed Quorn Sweet Potato & Chickpea CurryOn the SideGarlic Bread, Steamed Carrots & Green BeansSteamed Rice Broccoli & SweetcornRoast Potatoes, Carrot & Sweed Mash, Yorkshire Pudding & GravySteamed Rice, Naan Bread, Roasted Carrots & CauliflowerDessertTopped Yoghurts & Fruit PotsAutumn Fruit Crumble & CustardLemon & Cocconut Drizzle CakeRice Pudding & Fruit ToppingAfternoon SnackWatermelon SlicesBlackberry & Banana SmoothiePineapple FingersSelection of Whole FruitAfternoon TeaSoup of the Day & Freshly Baked BreadMixed Vegetable Burger, Homemade Wedges & Pepper SticksBeef & Mixed Vegetable Burger, Homemade Wedges & Mixed Vegetable Burger, Pepper SticksJacket Potato & Fillings