



# LUNCH

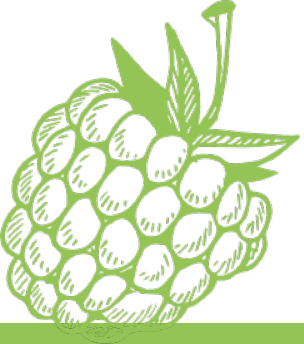


All dishes marked with our apple logo has one or more of the key features to be a Future Proof Food dish



Denoted a Halal alternative will be served

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Selection of Whole Fruit	English Muffins with cream cheese	Raisin Bagel with Unsalted Spread	Crumpets with Orange Marmalade	Teacake with Unsalted Spread
<b>Lunchtime Main Meal</b>	BBQ Chicken & Vegetables with BBQ Gravy 	Macaroni Cheese	Beef & Mixed Bean Super Chilli 	Roast Turkey Breast with Gravy 	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Mixed Pepper & Tofu Kebab 	Gluten Free Pasta with Dairy Free Basil Pesto	Five Bean Super Chilli 	Roasted Lentil Loaf with Gravy 	Quorn 'Fishless' Fingers 
<b>On the Side</b>	Golden Vegetable Rice & Sweetcorn	Broccoli & Freshly Baked Garlic Bread	Turmeric Rice & Green Beans	Roasted Potatoes & Carrots	Roasted New Potatoes, Garden Peas & Sweetcorn
<b>Spice it Up</b>	Spicy Jerk Style Gravy	Bacon & Panko Herb Crumble	Zingy Tomato Salsa & Sour Cream	Peppered Beetroot	Cucumber & Caper Tartar Sauce
<b>Dessert</b>	Mixed Fruit Sponge	Greek or Dairy free Yoghurt with a Homemade Fruit Compote	Pear Crumble with Cream	Gingerbread Biscuits	Blueberry & Lemon Cake
<b>Afternoon Snack</b>	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Banana & Berry Smoothie	Watermelon Slices	Whole Fruit	Honeydew Melon Slices
<b>Afternoon Tea</b>	Lightly Spiced Chickpea, Carrot & Parsnip Curry with Naan Bread 	Chunky Jacket Wedges Served with Baked Beans & Grated Cheese	Falafel Bites with a Mediterranean Vegetable Medley & Pitta Pieces 	Homemade Sausage Roll with Cucumber & Carrot sticks	Spiced Parsnip Soup Served with Homemade Focaccia



# LUNCH

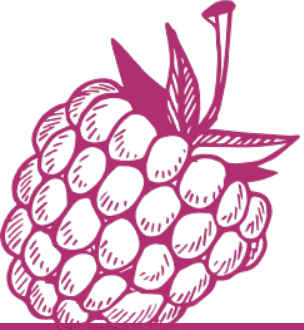


All dishes marked with our apple logo has one or more of the key features to be a Future Proof Food dish



Denoted a Halal alternative will be served

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Selection of Whole Fruit	English Muffins with cream cheese	Raisin Bagel with Unsalted Spread	Crumpets with Orange Marmalade	Teacake with Unsalted Spread
<b>Lunchtime Main Meal</b>	Chicken & Mixed Vegetable Coconut Curry 	Beef Bolognaise Pasta Bake 	Mixed Winter Vegetable Hot Pot 	Herb Roasted Chicken Thigh 	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Tofu & Mixed Pepper Coconut Curry 	Cauliflower & Mushroom Pasta Bake		Lentil Loaf with Gravy 	Quorn 'Fishless' Fingers 
<b>On the Side</b>	Golden Rice & Sweetcorn	Broccoli & Freshly Baked Bread	Roasted Carrots	Roasted New Potato & Green Cabbage Served with Gravy	Steamed New Potatoes, Peas & Sweetcorn
<b>Spice it Up</b>	Sweet Chilli Slaw	Parmesan & Herb Crumb	Peppered Leeks	Sage & Onion Stuffing	Cucumber & Caper Tartar Sauce
<b>Dessert</b>	Greek Or Dairy Free Yoghurt with a Homemade Fruit Compote	Cherry Sponge	Pear & Rhubarb Crumble With Cream	Shortbread Bites	Banana & Chocolate Sponge Served with Fresh Cream
<b>Afternoon Snack</b>	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Banana & Berry Smoothie	Watermelon Slices	Whole Fruit	Honeydew Melon Slices
<b>Afternoon Tea</b>	Chunky Jacket Wedges Served with Baked Beans & Grated Cheese	Cumberland Sausage Mini Hot Dog & Spaghetti Hoops	Sweet Potato, Butternut Squash & Coconut Curry with Steamed Rice	Tuna, Sweetcorn, Red Pepper & Macaroni Salad	Tomato & Basil Soup Served with Homemade Focaccia



# LUNCH



All dishes marked with our apple logo has one or more of the key features to be a Future Proof Food dish



Denoted a Halal alternative will be served



Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Selection of Whole Fruit	English Muffins with cream cheese	Raisin Bagel with Unsalted Spread	Crumpets with Orange Marmalade	Teacake with Unsalted Spread
<b>Lunchtime Main Meal</b>	Tuna & Sweetcorn Pasta Bake	Dairy Free Chicken & Mushroom Stroganoff 	Cumberland Sausages Served with Gravy	Mild Chicken Tikka Masala 	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Lightly Spiced Butternut Squash & Spinach Pasta	Dairy Free Chickpea & Mushroom Stroganoff 	Vegetarian Sausages	Chickpea & Potato Curry 	Quorn 'Fishless' Fingers 
<b>On the Side</b>	Garden Peas	Golden Vegetable Rice & Roasted Carrots	Leek Mashed Potato & Cauliflower	Vegetable Rice & Broccoli	Roasted New Potatoes, Peas & Sweetcorn
<b>Spice it Up</b>	Tossed Mixed Salad with a French Vinaigrette	Chilli & Garlic Croutons	Caramelised Red Onion	Vegetable & Spinach Pakoras	Cucumber & Caper Tartar Sauce
<b>Dessert</b>	Gingerbread Bites	Rice Crispy Cake	Apple Crunch Served with a Sweet Cream	Greek Or Dairy free Yoghurt with a Homemade Fruit Compote	Beetroot Brownie
<b>Afternoon Snack</b>	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Banana & Berry Smoothie	Watermelon Slices	Whole Fruit	Honeydew Melon Slices
<b>Afternoon Tea</b>	Jacket Potato Halves Served with Cheese & Beans	Cheese & Mixed Pepper Potato Bake	Salmon Fishcakes with Cucumber Sticks	Cheese & Tomato Wholemeal Pasta Bake	Carrot & Coriander Soup Served with Homemade Focaccia