





LUNCH

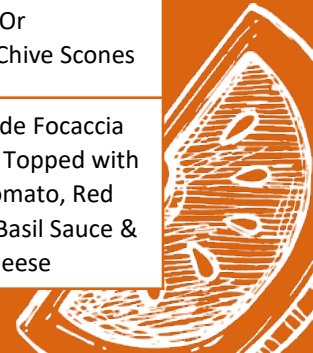


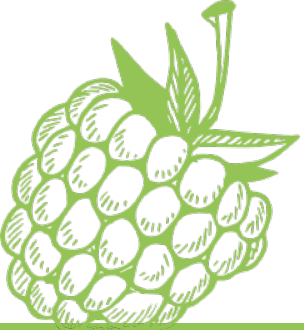
All dishes marked with our apple logo has one or more of the key features to be a Future Proof Food dish



Denoted a Halal alternative will be served

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Selection of Whole Fruit	Toasted English Muffin with Mixed Fruit Jam	Fruit Compote with Greek Or Dairy Free Yoghurt	Overnight Oats	Seasonal Fruit Platter
Lunchtime Main Meal	Sweet & Sour Chicken 	Macaroni Cheese	Pork & Five Bean Chilli 	Roast Turkey Breast 	Breaded Fish Fingers
Lunchtime Meat Free	Sweet & Sour Quorn 	Dairy Free Fresh Basil Pesto	Mixed Vegetable & Five Bean Chilli 	Stuffed Peppers with Risotto	Quorn 'Fishless' Fingers 
On the Side	Rice, Cauliflower & Carrots	Steamed Broccoli & Sweetcorn Served with Garlic Slice	Rice, Green Beans & Garden Peas	Roasted Sweet Potato, Savoy Cabbage & Leeks Served with Gravy	Roasted New Potatoes, Garden Peas & Sweetcorn
Dessert	Jam Sponge Served with Cream	Chocolate & Coconut Pudding	Apple Crumble Served with Vanilla Custard	Greek or Dairy Free Yoghurt Served with a Fruit Compote	Beetroot Brownie Bites
Afternoon Snack	Cucumber & Mixed Pepper Sticks Homemade Red Onion Dip	Selection of Finger Sandwiches	Rice Cakes or Cream Crackers with Soft Cheese Or Vegan Slices	Cucumber & Carrot Sticks, Guacamole & Pitta Pieces	Cheese, Carrot & Chive Or Carrot & Chive Scones
Afternoon Tea	Butternut Squash & Sweet Potato Soup Served with Freshly Baked Garlic Pieces	Lightly Spiced Falafel & Mediterranean Couscous Served with Toasted Pitta 	Mixed Root Vegetable, Assorted Pepper & Potato Pasty with Sweetcorn	Chunky Jacket Wedges Served with Baked Beans & Grated Cheese	Homemade Focaccia Style Pizza Topped with Fresh Tomato, Red Pepper & Basil Sauce & Cheese










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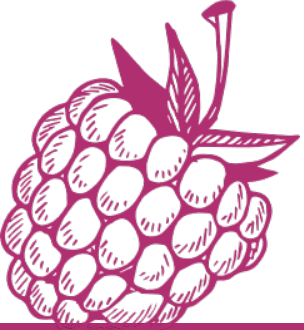


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Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Selection of Whole Fruit	Toasted English Muffin with Mixed Fruit Jam	Greek or Dairy Free Yoghurt Served with Fruit Compote	'Boost it' Homemade Granola Flapjack	Hard Boiled Egg & Soldiers
Lunchtime Main Meal	Orange Chicken 	Beef & Red Lentil Cottage Pie 	Mixed Vegetable & Pesto Pasta Served with a Garlic Slice	Herb Roasted Chicken Thigh 	Fresh Salmon Fish Cakes
Lunchtime Meat Free	Tofu Fried Rice 	Cauliflower & Red Lentil Cottage Pie 		Mixed Bean Cassoulet 	Carrot, Sweetcorn & Chickpea Savoury Pancake 
On the Side	Steamed Rice, Cauliflower & Broccoli	Sweetcorn & Roasted Courgette	Roasted Carrots & Garden Peas	Roasted New Potato, Green Cabbage & Roasted Butternut Squash Served with Gravy	Steamed New Potatoes, Broccoli & Cauliflower
Dessert	Cherry Sponge	Greek or Dairy free Yoghurt with a Homemade Fruit Compote	Orange Jelly	Shortbread Bites	Banana & Chocolate Sponge Served with Fresh Cream
Afternoon Snack	Rice Cakes or Cream Crackers with Soft Cheese Or Vegan Slices	Sliced Mixed Pepper & Cucumber Sticks, Pitta Bread Pieces & Beetroot Hummus	Selection of Finger Sandwiches	Toasted Tea Cake with Unsalted Spread	Mixed Melon Slices
Afternoon Tea	Leek & Potato Soup Served With Freshly Baked Croutons	Homemade Pork Sausage Roll with Mixed Vegetable Crudités	Turkey Ragu Or Cauliflower & Mushroom Bolognese 	Savoury Soya & Vegetable Mince Served with a American Style Bun	Chunky Jacket Wedges Served with Baked Beans & Grated Cheese



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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Selection of Whole Fruit	Toasted English Muffin with Mixed Fruit Jam	Greek Or Dairy free Yoghurt with a Homemade Fruit Compote	Crumpets With Unsalted Spread	Homemade Smoothie Bowls
Lunchtime Main Meal	Tuna Pasta Bake	White Chilli Chicken 	Cumberland Sausages Served with Gravy	Mild Chicken Tikka Masala 	Breaded Fish Fingers
Lunchtime Meat Free	Lightly Spiced Butternut Squash & Spinach Orzo	Mixed Vegetable & Chickpea Ratatouille 	Vegetarian Sausages	Chickpea and Potato Curry	Cheese & Mixed Bean Burrito 
On the Side	Steamed Green Beans & Sweetcorn	Mixed Pepper Rice, Roasted Carrots & Peas	Mashed Potato, Cauliflower & Savoy Cabbage	Steamed Rice, Broccoli & Roasted Carrots	Roasted New Potatoes, Peas & Sweetcorn
Dessert	Bananas & Custard	'Boost it' Carrot & Parsnip Cake Bite	Apple Crunch With A Sweet Cream	Greek Or Dairy free Yoghurt with a Homemade Fruit Compote	Orange Fruit Jelly
Afternoon Snack	Cucumber Sticks, Pitta Pieces with Chickpea & Red Pepper Dip 	Rice Cakes or Cream Crackers with Soft Cheese Or Vegan Slices	Selection of Finger Sandwiches	Homemade Pancakes with a Fruit Compote	Vegetable Sticks, Pitta Pieces & Minted Pea Guacamole
Afternoon Tea	Sweet Potato & Split Pea Curry Served with Rice	Frankfurter Sausages & Baked Beans with Homemade Focaccia	Cheese & Tomato Wholemeal Pasta Bake	Lightly Spiced Carrot & Coriander Soup With Homemade Parsnip Focaccia	Mushroom & Mixed Bean White Chilli Served with Chunky Sweet Potato Wedges 