








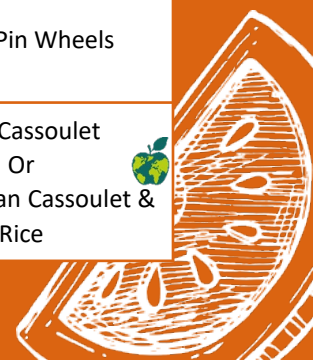


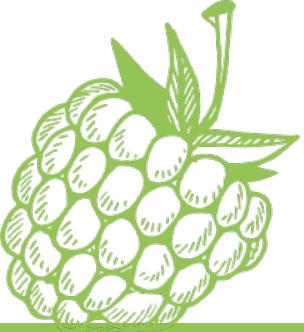
# LUNCH



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
<b>Morning Snack</b>	Watermelon Slices	Summer Berry & Banana Smoothie	Pineapple Fingers	Selection of Whole Fruit	Honeydew Melon Slices
<b>Lunchtime Main Meal</b>	Beef Bolognese 	Pepperoni Pizza	Rosemary & Garlic Chicken	Cumberland Sausages	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Summer Squash & Lentil Bolognese 	Margherita Pizza	Quorn Sausages 	Vegetarian Shepherd's Pie 	Vegetable Samosa
<b>On the Side</b>	Wholewheat Penne, Garlic Bread, Steamed Carrots & Green Beans	Parmentier Potatoes, Steamed Broccoli & Sweetcorn	Roast Potatoes, Mixed Greens, Yorkshire Pudding, Stuffing & Gravy	Mashed Potato, Panache of Vegetables & Gravy	Thick Cut Chips, Garden Peas
<b>Dessert</b>	Cheshire Creameries Choc Ice	Jam Sponge & Custard	Oreo Cheesecake	Seeded Flapjack	Chocolate Marble Cake
<b>Afternoon Snack</b>	Carrot & Cucumber Sticks & Hummus 	Toasted Teacakes	Homemade Tortillas with Salsa & Sour Cream	Pitta Sticks & Red Pepper Hummus 	Pesto Pin Wheels
<b>Afternoon Tea</b>	Pork Sausage Roll Or Vegetarian Rolls	Soup of the Day & Freshly Baked Bread	Selection of Finger Sandwiches	Jacket Potato & Fillings	Pork Cassoulet Or Mixed Bean Cassoulet & Rice 









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Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Watermelon Slices	Summer Berry & Banana Smoothie	Pineapple Fingers	Selection of Whole Fruit	Honeydew Melon Slices
<b>Lunchtime Main Meal</b>	3 Cheese Tortellini	Chicken Burger	Roast Turkey	Chinese Style Pork	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	5 Bean & Vegetable Burrito 	Vegetable Burger	Mediterranean Vegetable Quiche	Sweet Potato Falafel 	Quorn 'Fishless' Fingers
<b>On the Side</b>	Garlic Bread, Roasted Carrots & Green Beans	Seeded Bun, Sauté Potatoes, Steamed Broccoli & Sweetcorn	Roast Potatoes, Mixed Greens, Yorkshire Pudding & Gravy	Special Fried Rice, Vegetable Spring Rolls & Panache of Stir-Fried Vegetables	Thick Cut Chips, Garden Peas
<b>Dessert</b>	Topped Yoghurts & Fruit Pots	Sticky Toffee Pudding & Custard	Chocolate & Beetroot Brownie	Carrot Cake with a Cream Cheese Frosting	Banoffee Pie
<b>Afternoon Snack</b>	Carrot & Cucumber Sticks & Hummus 	Toasted Teacakes	Homemade Tortillas with Salsa & Sour Cream	Pitta Sticks & Red Pepper Hummus 	Pesto Pin Wheels
<b>Afternoon Tea</b>	Selection of Finger Sandwiches	Mixed Vegetable Pasta Bake	Cheese & Onion Pasty	Jacket Potato & Fillings	Baked Enchiladas



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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Watermelon Slices	Summer Berry & Banana Smoothie	Pineapple Fingers	Selection of Whole Fruit	Honeydew Melon Slices
<b>Lunchtime Main Meal</b>	3 Cheese Pasta Bake	Beef Chilli 	Roast Gammon	Chicken Tikka 	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Sun Dried Tomato & Basil Pasta Bake	5 Bean Vegetable Chilli 	Roast Glazed Quorn 	Sweet Potato & Chickpea Curry 	Quorn Sausages 
<b>On the Side</b>	Garlic Bread, Steamed Carrots & Green Beans	Oven Baked Wedges, Taco's & Dips, Steamed Broccoli	Roast Potatoes, Mixed Greens, Yorkshire Pudding & Gravy	Pilau Rice, Naan Bread & Roasted Carrots	Thick Cut Chips, Sweetcorn
<b>Dessert</b>	Topped Yoghurts & Fruit Pots	Fruit Crumble & Custard	Lemon & Poppy Seed Drizzle Cake	Summer Berry Eton Mess	White Chocolate & Blueberry Sponge
<b>Afternoon Snack</b>	Carrot & Cucumber Sticks & Hummus 	Toasted Teacakes	Homemade Tortillas with Salsa & Sour Cream	Pitta Sticks & Red Pepper Hummus 	Pesto Pin Wheels
<b>Afternoon Tea</b>	Soup of the Day & Freshly Baked Bread	Selection of Finger Sandwiches	Beef Or Mixed Vegetable Burrito's 	Jacket Potato & Fillings	Pasta Carbonara Or Vegetable Carbonara