







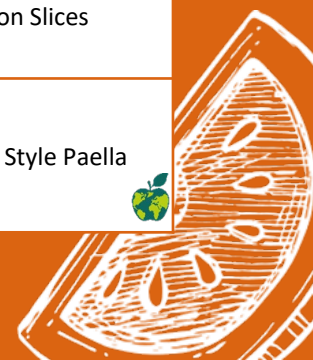


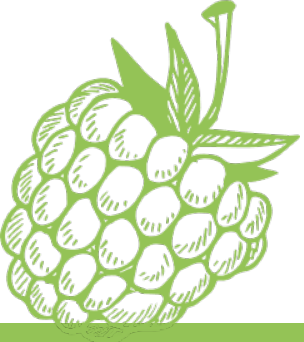
LUNCH



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	Toasted Crumpets	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
Lunchtime Main Meal	Beef Ragout 	Thai Quorn & Vegetable Curry	Pork Meatballs	Roast Chicken	Breaded Fish Fingers
Lunchtime Meat Free	Butternut Squash & Lentil Bolognese 			Italian Bean Casserole 	Vegetable Nuggets 
On the Side	Fusilli Pasta Homemade Focaccia Steamed Carrots & Green Beans	Jasmine Rice Steamed Broccoli & Sweetcorn	Creamy Mash Autumn Greens	Roast Potatoes Mixed Vegetables Yorkshire Puddings Gravy	Skin on fries Garden Peas & Sweetcorn
Dessert	Cheshire Creameries Ice Cream	Topped Yoghurt with Fruit Compote	Lemon Sponge	Super Seed Fruit Flapjack	Topped Yoghurt & Fruit
Afternoon Snack	Watermelon Slices	Fresh Fruit & Vegetable Smoothie	Selection of Whole Fruit	Strawberry & Banana Smoothie	Melon Slices
Afternoon Tea	Quorn Nuggets, Homemade Wedges & Vegetable Sticks 	Jacket Potato & Fillings	Penne Napoletana	Soup of the Day & Homemade Bread	Spanish Style Paella 



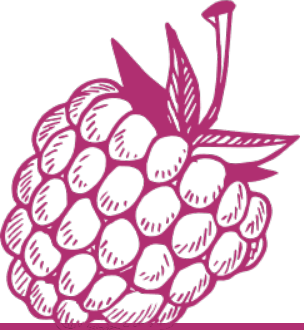


LUNCH



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Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Toasted Crumpets	Cheese & Crackers	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
Lunchtime Main Meal	Quorn Lasagne	Burger of the day	Katsu Chicken	Roast Turkey	Breaded Fish Fingers
Lunchtime Meat Free	Fiesta Tortellini 	Vegetable & Bean Patties	Katsu Quorn	Cheese & Onion Homemade Quiche 	Sweet Potato Falafel 
On the Side	Penne Pasta Homemade Focaccia Steamed Carrots & Green Beans	Baby Potatoes Seeded Bun Steamed Broccoli & Sweetcorn	Steamed Rice Autumn Greens	Roast Potatoes Mixed Vegetables Yorkshire Puddings Gravy	Skin on Fries Garden Peas & Sweetcorn
Dessert	Topped Yoghurts with Fruit Compote	Toffee Apple Pudding & Custard	Chocolate & Beetroot Brownie	Fruit & Coconut topped Sponge	Organic Fruity Ice Lollies
Afternoon Snack	Watermelon Slices	Fresh Fruit & Vegetable Smoothie	Selection of Whole Fruit	Strawberry & Banana Smoothie	Melon Slices
Afternoon Tea	Homemade Sausage & Vegetable Roll Homemade Wedges	Mediterranean Vegetable Pasta Bake	Jacket Potato & Fillings	Soup of the Day & Homemade Bread	Sweet Potato & Spinach Risotto










LUNCH



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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Toasted Crumpets	Cheese & Crackers	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
Lunchtime Main Meal	3 Cheese Pasta Bake	Chinese Style Chicken 	Curry of the day	Roast Gammon 	Breaded Fish Fingers
Lunchtime Meat Free	Sun Dried Tomato & Basil Pasta Bake	5 Bean Vegetable Stir-fry 	Vegetable Curry of the day 	Plant Based Meatballs 	Stuffed Bell Peppers 
On the Side	Fusilli Pasta Homemade Focaccia Steamed Carrots & Green Beans	Egg Noodles Broccoli & Sweetcorn	Steamed Rice Naan Bread Autumn greens	Roast Potatoes Mixed Vegetables Yorkshire Puddings Gravy	Skin on Fries Garden Peas & Sweetcorn
Dessert	Topped Yoghurts with Fruit Compote	Seasonal Crumble with Custard	Chocolate & Super Seed Shortbread	Fruity Trifle	Banana Sponge
Afternoon Snack	Watermelon Slices	Fresh Fruit & Vegetable Smoothie	Selection of Whole Fruit	Strawberry & Banana Smoothie	Melon Slices
Afternoon Tea	Soup of the Day & Freshly Baked Bread	Jacket Potato & Fillings	Fish Or Vegetable Pie 	Spaghetti with Marinara Sauce	Mixed Bean Jambalaya