


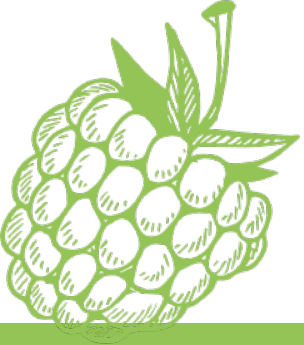


LUNCH



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread
MAIN COURSE ONE	Cumberland Sausages Served with Onion Gravy	Chicken Biryani	Classic Macaroni Cheese with Fresh Basil Pesto	Roast Chicken	Fish Fingers with Lemon Wedges & Homemade Tartar Sauce
MAIN COURSE TWO	Glamorgan Style Sausages	Chickpea & Diced Quorn Biryani 	Fried Gnocchi with a Tomato & Basil Sauce	Butternut Squash, Sweet Potato & Cheese Pie 	Black Bean & Avocado Tacos 
ON THE SIDE	Mash Potato, Broccoli & Sweetcorn	Green Beans & Garden Peas	Garlic Bread, Roasted Medley of Vegetables & Carrots	Roasted New Potatoes, Broccoli, Cauliflower & Gravy	Chunky Chips, Garden Peas & Sweetcorn
PASTA & JACKET BAR	Wholemeal Penne Pasta with Fresh Tomato & Basil Sauce	Wholemeal Penne Pasta with Fresh Tomato & Basil Sauce	Jacket Potatoes, Baked Beans & Grated Cheese	Wholemeal Penne Pasta with Fresh Tomato & Basil Sauce	Wholemeal Penne Pasta with Fresh Tomato & Basil Sauce
	Jacket Potatoes, Baked Beans & Grated Cheese	Jacket Potatoes, Baked Beans & Grated Cheese		Jacket Potatoes, Baked Beans & Grated Cheese	Jacket Potatoes, Baked Beans & Grated Cheese
HOT DESSERT	Vanilla Sponge with Butter Icing Topping	Apple Crumble with Fresh Cream	Pineapple Upside Down	Rice Pudding with Berry Compote	Crispy Chocolate Bar
COLD DESSERT	Every day will be... Jelly, Fruit, Yoghurt & Fresh Dessert Pots				



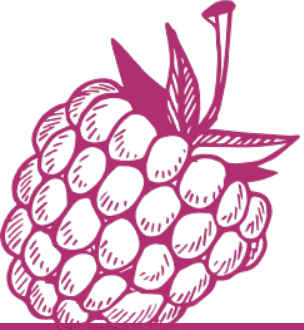


LUNCH

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread
MAIN COURSE ONE	Beef Bourguignon	Stir Fry Chicken with Egg Noodles	Thai Green Curry	Slow Roasted Pork with Yorkshire Pudding	Fish Fingers with Lemon Wedges & Homemade Tartar Sauce
MAIN COURSE TWO	Split Pea & Mushroom Bourguignon 	Mixed Vegetables & Tofu Chow Mein 	Roasted Vegetable Masala	Mushroom & Spinach Pie	Sweet Potato & Chickpea Burritos
ON THE SIDE	Mashed Potato & Petit Pois a la Françoise	Cauliflower & Broccoli	Rice, Green Beans & Roasted Carrots	Roast Potatoes, Roast Parsnips & Steamed Broccoli	Lightly Salted Fries, Steamed Peas & Sweetcorn
PASTA & JACKETS	Wholemeal Penne Pasta with a Fresh Tomato & Basil Sauce Jacket Potato, Baked Beans & Grated Cheese	Jacket Potato, Baked Beans & Grated Cheese	Wholemeal Penne Pasta with a Fresh Tomato & Basil Sauce Roasted Sweet Potato, Jacket Potato, Baked Beans & Grated Cheese	Wholemeal Penne Pasta with a Fresh Tomato & Basil Sauce Jacket Potato, Baked Beans & Grated Cheese	Jacket Potato, Baked Beans & Grated Cheese
HOT DESSERT	Fresh Pear Pie with Cream	Lemon Drizzle Cake	Apple Pie with Fresh with Custard	Banana Cake Upside Down	Chocolate Cake
COLD DESSERT	Every day will be... Jelly, Fruit, Yoghurt & Fresh Dessert Pots				



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SOUP	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread	Soup of the Day Served with Fresh Bread
MAIN COURSE ONE	Beef Bolognese 	Peri-Peri Chicken	Creamy Vegetable Pie	Breaded Katsu Chicken Curry	Breakfast Brunch
MAIN COURSE TWO	Quorn Bolognese 	Mixed Bean Stuffed Peppers 	Red Onion & Pepper Frittata	Breaded Poached Egg with Katsu Sauce	Homemade Bubble & Squeak Rosti
ON THE SIDE	Spaghetti, Homemade Focaccia Pieces & Mixed Roasted Vegetables	Turmeric Rice, Broccoli & Carrots	Roasted Potatoes, Steamed Cauliflower, Garden Peas & Gravy	Steamed Rice, Carrots & Green Beans	Chunky Chips, Sauté Mushrooms & Roasted Tomatoes
PASTA & JACKETS	Roasted Sweet Potato, Jacket Potato, Baked Beans & Grated Cheese	Wholemeal Penne Pasta with Tomato & Lentil Sauce Jacket Potatoes, Baked Beans & Grated Cheese	Wholemeal Penne Pasta with Fresh Tomato & Basil Sauce Jacket Potatoes, Baked Beans & Grated Cheese	Roasted Sweet Potato, Jacket Potato, Baked Beans & Grated Cheese	Jacket Potato, Baked Beans, Tuna & Grated Cheese
HOT DESSERT	Carrot Cake	Fruity Flapjack	Marble Cake With Chocolate Sauce	Pear & Chocolate Crumble with Fresh Cream	Chocolate Brownie
COLD DESSERT	Every day will be... Jelly, Fruit, Yoghurt & Fresh Dessert Pots				

