


LUNCH

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



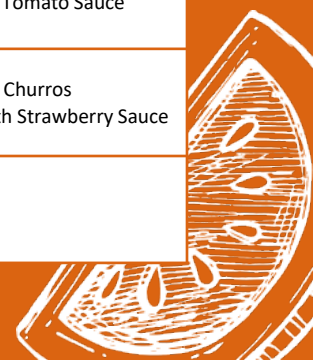
Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread
MAIN COURSE ONE	Beef Bolognese Served with Spaghetti 	Low & Slow Pork Burrito Served with Guacamole, Sour Cream & Salsa Sauce	Roasted Cauliflower & Chickpea Coconut Curry 	Honey Baked Gammon	 International Themed Lunch
MAIN COURSE TWO	Baked Mozzarella, Sun Blushed Tomato & Olive Farfalle Pasta Topped With Basil Oil	Creole Black Bean Tortilla Bowl Served with Guacamole, Sour Cream & Salsa Sauce	Vegetable Samosa Served with Coriander & Mint Chutney	Roasted Vegetable Wellington	
ON THE SIDE	Lemon & Herb Dressed Green Beans & Italian Stuffed Tomatoes	Smokey Potato Wedges, Macho Peas & Corn on the Cob	Turmeric Rice, Homemade Onion Bhaji, Bombay Aloo, Cumin Roasted Carrots & Spiced Cauliflower with Spinach	Rosemary & Thyme Roasted New Potatoes, Broccoli Florets, Baton Carrots & Gravy	
PASTA & JACKETS	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato, Red Pepper & Basil Sauce	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato, Red Pepper & Basil Sauce	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato, Red Pepper & Basil Sauce	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato, Red Pepper & Basil Sauce	
HOT DESSERT	Blueberry Muffin	Cookie Brownie Bars	Banoffee Cake	German Apple Strudel Served with Cinnamon Cream	
COLD DESSERT	<p>Every day will be... Selection of Jelly, Yoghurt, Fruit & Fresh Dessert Pots</p>				

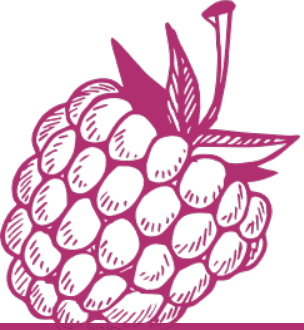


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Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread
MAIN COURSE ONE	Butchers Sausages Served with Red Onion Chutney	Macaroni Cheese Served with Crispy Onions Or Garlic & Herb Mushrooms	Tandoori Chicken Served on a Garlic Naan, Topped with Onion Bhaji Crisp & Mango Yoghurt Dressing	Beef Cottage Pie Topped with Buttered Mash & Crispy Onions 	Mixed Fish Fajitas Served with Guacamole, Sour Cream & Salsa Sauce 
MAIN COURSE TWO	Hearty Vegetable & Bean Stew Topped with Herb Dumplings 	Spinach & Ricotta Cannelloni	Mixed Vegetable Pakora Served with Roti Flatbread, Tomato & Onion Salad & Mango Yoghurt Dressing	Creamy Quorn & Leek Crumble Top Pie 	Panko Breaded Tofu Taco Served with Guacamole, Sour Cream & Salsa Sauce 
ON THE SIDE	Yorkshire Puddings, Mashed Potatoes, Autumnal Roasted Vegetables & Gravy	Lemon & Herb Dressed Green Beans, Roasted Butternut Squash with Toasted Seeds	Turmeric Rice, Cauliflower Aloo & Indian Spiced Greens	Cauliflower Cheese, Sauteed Savoy Cabbage with Peas	Mexican Fries, Corn On The Cob & Mexican Zucchini
PASTA & JACKET BAR	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato Sauce	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato Sauce	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato Sauce	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato Sauce	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato Sauce
HOT DESSERT	Rice Pudding with Indian Spiced Fruits & Edible Flowers	Apple Crumble & Custard	Lemon & Blueberry Cake	Steamed Jam Sponge & Custard	Churros Served With Strawberry Sauce
COLD DESSERT	Every day will be... Selection of Jelly, Yoghurt, Fruit & Fresh Dessert Pots				








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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread	Soup of The Day Served with Freshly Baked Bread
MAIN COURSE ONE	Four Cheese & Mushroom Pizza	Char Sui Pork Stir-Fry Served with a Chilli & Ginger Broth	Chicken Fajitas Served with Guacamole, Sour Cream & Salsa Sauce 	Katsu Chicken	Breaded Fish with Homemade Tartar Sauce
MAIN COURSE TWO	Margarita Pizza Topped with Tapenade Infused Oil	Spring Rolls Served with Sweet Chilli Dipping Sauce	Mixed Bean, Grilled Courgette & Halloumi Taco 	Katsu Quorn 	2 Cheese & Vegetable Stuffed Field Mushroom Topped with Thyme Infused Crumb
ON THE SIDE	Lightly Spiced Potato Wedges, Corn on the Cob, Garlic & Chilli Green Beans	Egg Noodles, Prawn Crackers Stir Fried Vegetables Soy & Garlic Pak Choi	Crispy Diced Potatoes, Refried Beans & Warm Mexican Street Corn Salad	Coconut Rice, Asian Style Cabbage & Asian Roasted Vegetables	Chips, Beans, Mushy Peas & Gravy
PASTA & JACKETS	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato, Red Pepper & Basil Sauce	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato, Red Pepper & Basil Sauce	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato, Red Pepper & Basil Sauce	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato, Red Pepper & Basil Sauce	Jacket or Sweet Potato, Grated Cheese & Baked Beans Or Wholemeal Pasta Fresh Tomato, Red Pepper & Basil Sauce
HOT DESSERT	Waffles Served with Strawberry Sauce	Lemon Drizzle Cake	Apple Pie & Custard	Ginger Sponge Served with Ginger Sauce	Carrot Cake Served with Cream Cheese Frosting
COLD DESSERT	Every day will be... Selection of Jelly, Yoghurt, Fruit & Fresh Dessert Pots				