

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	English Muffins with Cream Cheese	Raisin Bagel with Unsalted Spread	Crumpets with Orange Marmalade	Teacake with Unsalted Spread
	Lunchtime Main Meal	BBQ Chicken & Vegetables with BBQ Gravy	Macaroni Cheese	Beef & Mixed Bean Super Chilli	Roast Turkey Breast with Gravy	Breaded Fish Fingers
	Lunchtime Meat Free	Mixed Pepper & Tofu Kebab	Gluten Free Pasta with Dairy Free Basil Pesto	Five Bean Super Chilli	Roasted Lentil Loaf with Gravy	Quorn 'Fishless' Fingers
	On the Side	Golden Vegetable Rice & Sweetcorn	Broccoli & Freshly Baked Bread	Turmeric Rice & Green Beans	Roasted Potatoes & Carrots	Roasted New Potatoes, Garden Peas & Sweetcorn
	Spice it Up	Spicy Jerk Style Gravy	Bacon & Panko Herb Crumble	Zingy Tomato Salsa & Sour Cream	Peppered Beetroot	Cucumber & Caper = Tartar Sauce
	Dessert	Mixed Fruit Sponge	Greek Or Dairy Free Yoghurt with a Homemade Fruit Compote	Pear Crumble with Cream	Fruit Jelly	Blueberry & Lemon Cake
	Afternoon Snack	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Banana & Berry Smoothie	Watermelon Slices	Whole Fruit	Honeydew Melon Slices
	Afternoon Tea	Sweet Potato, Spinach & Chickpea Curry with Naan Bread	Chunky Jacket Wedges Served with Baked Beans & Grated Cheese	Vegetarian Spring Rolls with Oriental & Edamame Slaw	Homemade Sausage Roll with Cucumber, Carrot & Yellow Pepper sticks	Butternut Squash Soup Served with Homemade Focaccia
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	Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>j</i> = -	Morning Snack	Selection of Whole Fruit	English Muffins with Cream Cheese	Raisin Bagel with Unsalted Spread	Crumpets with Orange Marmalade	Teacake with Unsalted Spread
	Lunchtime Main Meal	Beef Bolognese Pasta Bake	Chicken & Mixed Pepper Fried Rice	Mixed Vegetable &	Herb Roasted Chicken Thigh	Breaded Fish Fingers
	Lunchtime Meat Free	Cauliflower & Mushroom Pasta Bake	Tofu & Mixed Pepper Fried Rice	Pesto Pasta Served with a Garlic Slice	Lentil Loaf with Gravy	, Quorn 'Fishless' Fingers
	On the Side	Broccoli & Fresh Baked Bread	Sweetcorn	Roasted Carrots	Roasted New Potato & Green Cabbage Served with Gravy	Steamed New Potatoes, Peas & Sweetcorn
	Spice it Up	Parmesan & Herb Crumb	Sweet Chilli Slaw	Peppered Leeks	Sage & Onion Stuffing	Cucumber & Caper Tartar Sauce
	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	Banana & Berry Smoothie	Watermelon Slices	Whole Fruit	Honeydew Melon Slices
6	Afternoon Tea	Chunky Jacket Wedges Served with Baked Beans & Grated Cheese	Cumberland Sausage Mini Hot Dog & Spaghetti Hoops	Super Bean Chilli with Sweet Potato Chunks	Tuna, Sweetcorn, Red Pepper & Macaroni Salad	Tomato & Basil Soup Served with Homemade Focaccia
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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Selection of Whole Fruit	English Muffins with Cream Cheese	Raisin Bagel with Unsalted Spread	Crumpets with Orange Marmalade	Teacake with Unsalted Spread
Lunchtime Main Meal	Tuna & Sweetcorn Pasta Bake	Chicken & Bacon in a Lentil Cream Sauce	Cumberland Sausages Served with Gravy	Mild Chicken Tikka Masala	Breaded Fish Fingers
Lunchtime Meat Free	Lightly Spiced Butternut Squash & Spinach Pasta	Mixed Vegetable & Five Bean Ratatouille	Vegetarian Sausages	Chickpea & Potato Curry	Quorn 'Fishless' Fingers
On the Side	Garden Peas	Golden Vegetable Rice & Roasted Carrots	Leek Mashed Potato & Cauliflower	Vegetable Rice & Broccoli	Roasted New Potatoes, Peas & Sweetcorn
Spice it Up	Tossed Leaves with a French Vinegarette	Paprika & Garlic Croutons	Caramelised Red Onion	Vegetable & Spinach Pakoras	Cucumber & Caper Tartar Sauce
Dessert	Organic Apple Fruit Lolly	Rice Crispy Cake	Apple Crunch Served with a Sweet Cream	Greek Or Dairy Free Yoghurt with a Homemade Fruit Compote	Beetroot Brownie
Afternoon Snack	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Banana and Berry Smoothie	Watermelon Slices	Whole Fruit	Honeydew Melon Slices
Afternoon Tea	Frankfurter Sausages & Baked Beans with Homemade Focaccia	Cheese & Mixed Pepper Potato Bake	Salmon Fishcakes with Sauté Potatoes & Cucumber Sticks	Cheese & Tomato Wholemeal Pasta Bake	Carrot & Coriander Sou Served with Homemade Focaccia
	Lunchtime Main Meal Lunchtime Meat Free On the Side Spice it Up Dessert Afternoon Snack	Lunchtime Main Meal Lunchtime Meat Free Con the Side Spice it Up Dessert Corganic Apple Fruit Lolly Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices Frankfurter Sausages & Baked Beans with Homemade Focaccia	Lunchtime Main Meal Lunchtime Meat Free Chicken & Bacon in a Lentil Cream Sauce Lunchtime Meat Free Con the Side Con Vegetable & Five Bean Ratatouille Con the Side Roasted Carrots Paprika & Garlic Croutons Rice Crispy Cake Con the Side Con the	Lunchtime Main Meal Tuna & Sweetcorn Pasta Bake Lunchtime Main Meal Lightly Spiced Butternut Squash & Spinach Pasta On the Side Garden Peas Golden Vegetable Rice & Roasted Carrots Tossed Leaves with a French Vinegarette Dessert Organic Apple Fruit Lolly Afternoon Snack Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices Frankfurter Sausages & Baked Beans with Homemade Focaccia Selection of Whole Fruit Chiese Chicken & Bacon in a Lentil Cream Sauce Served with Gravy Cumberland Sausages Served with Gravy Vegetarian Sausages Vegetarian Sausages Leek Mashed Potato & Cauliflower Caramelised Red Onion Apple Crunch Served with a Sweet Cream Crackers with Soft Cheese & Mixed Pepper Potato Bake Cheese & Mixed Pepper Potato Bake Cucumber Sticks	Lunchtime Main Meal Lunchtime Meat Free Unsalted Spread Chicken & Bacon in a Lentil Cream Sauce Cumberland Sausages Served with Gravy Mild Chicken Tikka Masala Lunchtime Meat Free Lightly Spiced Butternut Squash & Spinach Pasta Baar Ratatouille On the Side Garden Peas Golden Vegetable Rice & Roasted Carrots Caramelised Red Onion Paprika & Garlic Croutons Paprika & Garlic Croutons Paprika & Garlic Croutons Caramelised Red Onion Pakoras Greek Or Dairy Free Yoghurt with a Homemade Fruit Compote Afternoon Snack Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices Frankfurter Sausages & Baked Beans with Homemade Focaccia Cream Cheese Chicken & Bacon in a Lentil Cream Sausages Chickpea & Potato Curry Vegetable Rice & Broccoli Caramelised Red Onion Pakoras Apple Crunch Served with a Sweet Cream Cream Greek Or Dairy Free Yoghurt with a Homemade Fruit Compote Watermelon Slices Whole Fruit Cheese & Tomato Wholemeal Pasta Bake Cheese & Mixed Pepper Potato Bake Cheese & Mixed Pepper Potato Bake Cheese & Tomato Wholemeal Pasta Bake