












LUNCH

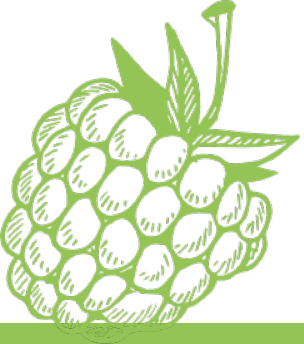


All dishes marked with our apple logo has one or more of the key features to be a Future Proof Food dish



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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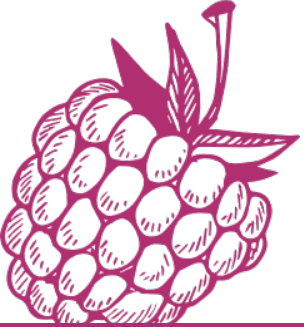


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Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Selection of Whole Fruit	English Muffins with Cream Cheese	Raisin Bagel with Unsalted Spread	Crumpets with Orange Marmalade	Teacake with Unsalted Spread
Lunchtime Main Meal	Beef Bolognese Pasta Bake 	Chicken & Mixed Pepper Fried Rice 	Mixed Vegetable & Pesto Pasta Served with a Garlic Slice	Herb Roasted Chicken Thigh 	Breaded Fish Fingers
Lunchtime Meat Free	Cauliflower & Mushroom Pasta Bake 	Tofu & Mixed Pepper Fried Rice 		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
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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Denoted a Halal alternative will be served



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 Vinaigrette	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 Soup Served with Homemade Focaccia