





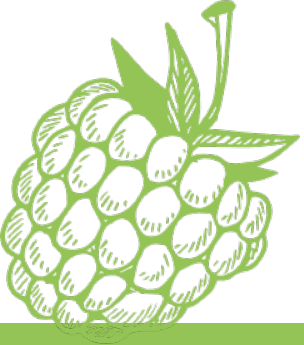


# LUNCH


 1 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
<b>SOUP</b>	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
<b>MAIN COURSE ONE</b>	Butchers Sausages Served with Red Onion Chutney	3 Cheese Tortellini Served in an Alfredo Sauce Topped with Sauteed Garlic Mushrooms	Tandoori Chicken On a Garlic Naan, Topped with Onion Bhaji Crisp & Mango Yoghurt Dressing	Seared Pork Steak Served with a Wild Mushroom & Herb Sauce	Mixed Fish Fajitas Served with Guacamole, Sour Cream & Salsa
<b>MAIN COURSE TWO</b>	Hearty Vegetable Stew Topped With Herb Dumplings 	Layered Mediterranean Vegetable & Mozzarella Terrine Served with a Tomato Bisque Sauce & Crisp Leek	Mixed Vegetable Pakora Served with Roti Flatbread, Tomato & Onion Salad & Mango Yoghurt Dressing 	Goats Cheese, Butternut Squash & Beetroot Tart Tartan Topped with Rocket & Toasted Seeds	Panko Breaded Tofu Taco Served with Guacamole, Sour Cream & Salsa 
<b>ON THE SIDE</b>	Yorkshire Pudding, Mashed Potato, Autumnal Roasted Vegetables & Gravy	Lemon & Herb Dressed Green Beans, Roasted Butternut Squash with Toasted Seeds	Turmeric Rice, Cauliflower Aloo & Indian Spiced Greens	Mashed Potato, Broccoli Florets & Roasted Root Vegetables with Shallots	Mexican Fries, Corn On The Cob & Mexican Zucchini
<b>PASTA &amp; JACKET BAR</b>	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
<b>HOT DESSERT</b>	Scrumble Bar	Lemon Mascarpone Choux Buns	Rice Pudding with Indian Spiced Fruits & Edible Flowers	Apple Sponge & Custard	Churros Served with Butterscotch Sauce
<b>COLD DESSERT</b>	Every day will be... Selection of Jelly, Yoghurt, Fruit & Fresh Dessert Pots				



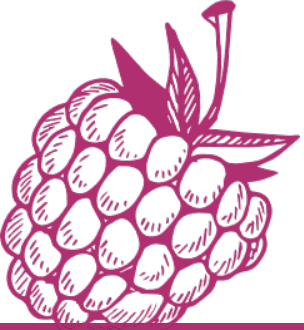


# LUNCH


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



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	Beef Meatballs Served in a Rich Tomato Sauce	Low & Slow Beef Brisket Burrito Served with Guacamole, Sour Cream & Salsa	Roasted Cauliflower & Chickpea Coconut Curry 	Honey Baked Gammon	Seafood Paella
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 	Vegetable Samosa Served with Cilantro Mint Chutney	Roasted Vegetable en Croute	Buffalo Cauliflower Wings with Sweet Chilli Dipping Sauce
ON THE SIDE	Spaghetti, 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 Roast Potatoes, Broccoli Florets, Baton Carrots & Gravy	Parmesan Loaded Fries, Sauté Green Beans with Cherry Tomatoes
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	Doughnut Selection	Cookie Brownie Bars	Spiced Damson Cake	German Apple Strudel Served with Cinnamon Cream	Blueberry & Lime Muffin
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	Homemade Four Cheese & Mushroom Pizza	Char Siu Pork Served with a Chilli Ginger Broth	Chicken Enchiladas Served with Guacamole, Sour Cream & Salsa	Minced & Shredded Beef Cottage Pie Topped with Buttered Mash & Crispy Onions 	Breaded Catch of the Day with Homemade Tartar Sauce
MAIN COURSE TWO	Homemade Margherita Pizza Topped with Tapenade Infused Oil	Spring Rolls with Sweet Chilli Dipping Sauce	Grilled Courgette, Mixed Bean & Halloumi Quesadilla	Creamy Quorn & Leek Pie Topped with Herb Crumble 	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 Noodle or Chinese Spiced Rice, Prawn Crackers, Stir Fried Vegetables, Soy & Garlic Pak Choi	Mexican Rice, Refried Beans Warm Mexican Street Corn Salad	Buttered New Potatoes, Cauliflower Cheese, Sauté Savoy Cabbage with Peas	Chips, Beans, Mushy Peas & Curry Sauce
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 & Lavender Drizzle Cake	Banoffee Pie	Ginger Sponge Served With Ginger Sauce	Carrot Cake with Cream Cheese Frosting
COLD DESSERT	Every day will be... Selection of Jelly, Yoghurt, Fruit & Fresh Dessert Pots				