




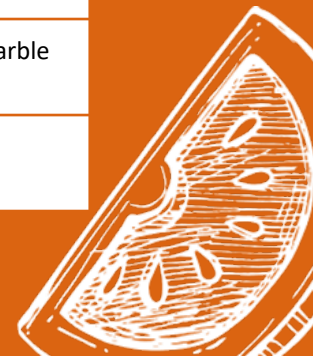


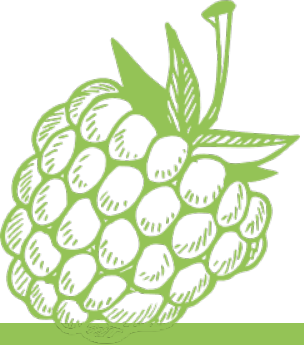


LUNCH

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
MAIN COURSE ONE	Beef Bolognese 	Homemade Pepperoni Pizza	Rosemary & Garlic Chicken	Cumberland Sausages	Breaded & Battered Pollock
MAIN COURSE TWO	Sweet Potato & Lentil Bolognese 	Homemade Margherita Pizza	Quorn Sausages 	Vegetarian Shepherd's Pie 	Vegetable Fingers 
ON THE SIDE	Whole Wheat Penne, Garlic Bread, Steamed Carrots & Green Beans	Steamed Broccoli & Sweetcorn	Roast Potatoes, Mixed Vegetables, Yorkshire Pudding, Stuffing & Gravy	Mashed Potato, Autumn Greens & Gravy	Thick Cut Chips, Garden Peas & Sweetcorn
PASTA & JACKET BAR	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans, Tuna & Grated Cheese
DESSERT OPTION 1	Cheshire Creameries Choc Ice	Jam Sponge & Custard	Oreo Cheesecake	Seeded Flapjack	Chocolate Marble Cake
DESSERT OPTION 2	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				







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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	3 Cheese Tortellini	Chicken Burger	Roast Turkey	Chinese Style Pork	Breaded & Battered Pollock
MAIN COURSE TWO	5 Bean & Mixed Vegetable Burrito 	Vegetable Burger	Mediterranean Vegetable Quiche	Vegetable Spring Rolls	Sweet Potato Falafel 
ON THE SIDE	Garlic Bread, Roasted Carrots & Green Beans	Seeded Bun, Sauté Potatoes, Steamed Broccoli & Sweetcorn	Roast Potatoes, Mixed Vegetables, Yorkshire Pudding & Gravy	Steamed Rice, Soy & Sesame Glazed Vegetables	Thick Cut Chips, Garden Peas & Sweetcorn
PASTA & JACKETS	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans, Tuna & Grated Cheese
DESSERT OPTION 1	Belgian Waffles with Summer Berry Compote	Toffee Apple Pudding & Custard	Chocolate & Beetroot Brownie	Carrot Cake with a Cream Cheese Frosting	Organic Fruity Ice Lolly
DESSERT OPTION 2	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				



LUNCH

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	MONDAY	TACO TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	3 Cheese Pasta Bake	Beef Chilli	Roast Gammon	Chicken Tikka	Breaded & Battered Pollock
MAIN COURSE TWO	Sun Dried Tomato & Basil Pasta Bake	5 Bean Vegetable Chilli	Roast Glazed Quorn	Sweet Potato & Chickpea Curry	Quorn Sausages
ON THE SIDE	Garlic Bread, Steamed Carrots & Green Beans	Mexican Rice, Taco's & Dips, Steamed Broccoli & Sweetcorn	Roast Potatoes, Mixed Vegetables, Yorkshire Pudding & Gravy	Steamed Rice, Naan Bread, Roasted Carrots & Cauliflower Aloo	Thick Cut Chips, Peas & Sweetcorn
PASTA & JACKETS	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans, Tuna & Grated Cheese
DESSERT OPTION 1	Raspberry Filled Doughnuts	Autumn Fruit Crumble & Custard	Lemon & Coconut Drizzle Cake	Rice Pudding & Jam	White Chocolate & Raspberry Sponge
DESSERT OPTION 2	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				