



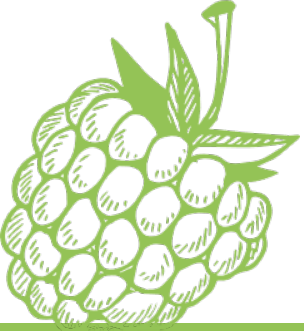
LUNCH



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	Slow Cooked Beef Ragu 	Homemade Margherita Pizza	Cumberland Sausages	Chicken & Leek Pastry Topped Pie	Breaded & Battered Pollock
MAIN COURSE TWO	Chestnut Mushroom & Lentil Bolognese 	Thai Red Vegetable Coconut Curry Served with Jasmine Rice 	Quorn Sausages 	Italian Bean Casserole 	Vegetable Nuggets 
ON THE SIDE	Whole Wheat Pasta, Garlic & Herb Focaccia, Steamed Carrots & Green Beans	Herby Baby Potatoes Steamed Broccoli & Sweetcorn	Mashed Potato, Mixed Spring Greens & Gravy	Roast Potatoes, Medley of Vegetables & Gravy	Skin on Fries Garden Peas & Sweetcorn
PASTA & JACKET BAR	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans, Tuna & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans, Tuna & Grated Cheese
DESSERT OPTION 1	Cheshire Creameries Choc Ice	Steamed Coconut Sponge with Raspberry Drizzle	Seeded Fruit Flapjack	Honeycomb Cheesecake	Rocky Road
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	Quorn Lasagne 	Pork Patties	Katsu Chicken Fillet	Roast Turkey	Breaded & Battered Pollock
MAIN COURSE TWO	Fiesta Tortellini 	Vegetable & Bean Burger 	Katsu Quorn	Asparagus & Emmental Quiche	Sweet Potato Falafel & Mint Yoghurt 
ON THE SIDE	Garlic & Herb Focaccia, Roasted Carrots & Green Beans	Seeded Bun, Herby Baby Potatoes, Steamed Broccoli & Sweetcorn	Turmeric Rice & Mixed Spring Greens	Roast Potatoes, Medley of Vegetables, Yorkshire Pudding & Gravy	Skin on Fries Garden Peas & Sweetcorn
PASTA & JACKETS	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans, Tuna & Grated Cheese
DESSERT OPTION 1	Belgian Waffles with Strawberry & Acai Berry Compote	Sticky Toffee Pudding & Custard	Chocolate & Beetroot Brownie	Ginger & Pumpkin Seed Loaf	Organic Fruity Ice Lollies
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	Whole Wheat Pasta with 3 Cheese Sauce Or Sundried Tomato & Basil Sauce	Mango & Sweet Chilli Chicken 	Asian Style Beef Stir fry	Roast Gammon	Breaded & Battered Pollock
MAIN COURSE TWO	Garlic & Herb Focaccia, Steamed Carrots & Green Beans	5 Bean Vegetable Chilli 	Quorn Hotdogs 	Plant Based Meatballs 	Moroccan Style Quinoa Stuffed Red Peppers 
ON THE SIDE	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans, Tuna & Grated Cheese
DESSERT OPTION 1	Glazed Ring Doughnuts	Rhubarb & Cherry Crumble with Custard	Caribbean Style Rice Pudding	Super Seeded Shortbread	Banana & Chocolate Sponge with Chocolate Sauce
DESSERT OPTION 2	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				