









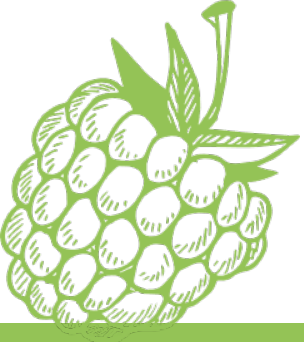
# LUNCH



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
<b>MAIN COURSE ONE</b>	Beef Bolognese 	Homemade Margherita Pizza	Cumberland Sausages	Honey & Thyme Chicken	Breaded & Battered Pollock
<b>MAIN COURSE TWO</b>	Sweet Potato & Lentil Bolognese 	Thai Green Quorn Curry & Jasmine Rice 	Vegetarian Shepherd's Pie 	Quorn Sausages 	Quorn Nuggets 
<b>ON THE SIDE</b>	Whole Wheat Penne, Garlic Bread, Steamed Carrots & Green Beans	Steamed Broccoli & Sweetcorn	Mashed Potato, Winter Greens & Gravy	Roast Potatoes, Mixed Vegetables, Yorkshire Pudding, Stuffing & Gravy	Skin on Fries, Garden Peas & Sweetcorn
<b>PASTA &amp; JACKET BAR</b>	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans & Grated Cheese	Jacket Potato, Baked Beans, Tuna & Grated Cheese
<b>DESSERT OPTION 1</b>	Cheshire Creameries Choc Ice	Fruit Sponge & Custard	Seeded Fruity Flapjack	Oreo Cheesecake	Chocolate Marble Cake
<b>DESSERT OPTION 2</b>	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				





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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE ONE</b>	3 Cheese Tortellini	Baked Chicken Breast	Beef Bhuna	Roast Turkey	Breaded & Battered Pollock
<b>MAIN COURSE TWO</b>	5 Bean & Mixed Vegetable Burrito 	Vegetable & Bean Burger 	Sweet Potato & Chickpea Korma 	Caramelised Onion & Feta Quiche	Sweet Potato Falafel 
<b>ON THE SIDE</b>	Garlic Bread, Roasted Carrots & Green Beans	Seeded Bun, Baby Potatoes, Steamed Broccoli & Sweetcorn	Basmati Rice, Naan Bread & Winter Greens	Roast Potatoes, Mixed Vegetables, Yorkshire Pudding & Gravy	Skin on Fries, Garden Peas & Sweetcorn
<b>PASTA &amp; JACKETS</b>	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans & Grated Cheese	Jacket Potato, Baked Beans, Tuna & Grated Cheese
<b>DESSERT OPTION 1</b>	Belgian Waffles with Winter Berry Compote	Toffee Apple Pudding & Custard	Carrot Cake with a Cream Cheese Frosting	Chocolate & Beetroot Brownie	Blueberry Muffin
<b>DESSERT OPTION 2</b>	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				



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	MONDAY	TACO TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE ONE</b>	Wholemeal Pasta with Cheese Sauce Or Sundried Tomato & Basil Sauce	Beef Chilli 	Chinese Style Barbecue Chicken	Roast Gammon	Breaded & Battered Pollock
<b>MAIN COURSE TWO</b>		5 Bean Vegetable Chilli 	Chinese Style Barbecue Quorn 	Plant Based Meatballs 	Quorn Sausages 
<b>ON THE SIDE</b>	Garlic Bread, Steamed Carrots & Green Beans	Steamed Rice, Taco's & Dips, Steamed Broccoli & Sweetcorn	Egg Noodles, Spring Rolls & Winter Greens	Roast Potatoes, Mixed Vegetables, Yorkshire Pudding & Gravy	Skin on Fries, Peas & Sweetcorn
<b>PASTA &amp; JACKETS</b>	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Whole Wheat Penne Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans & Grated Cheese	Jacket Potato, Baked Beans, Tuna & Grated Cheese
<b>DESSERT OPTION 1</b>	Glazed Ring Doughnuts	Winter Fruit Crumble & Custard	Lemon Drizzle Cake	Super Seeds Shortbread	White Chocolate & Winter Berry Sponge
<b>DESSERT OPTION 2</b>	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				