








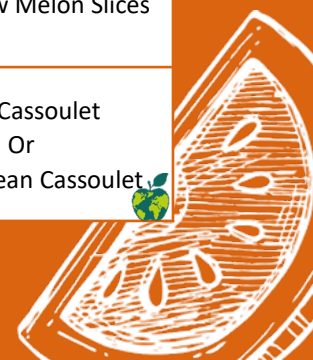


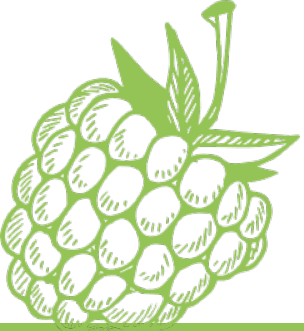
# LUNCH



All 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>Morning Snack</b>	Cheese & Crackers	Toasted Crumpets	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
<b>Lunchtime Main Meal</b>	Beef Bolognese 	Thai Green Quorn Curry & Jasmine Rice	Vegetarian Shepherd's Pie 	Honey & Thyme Chicken	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Sweet Potato & Lentil Bolognese 			Quorn Sausages 	Vegetable Nuggets 
<b>On the Side</b>	Penne Pasta, Garlic Bread, Steamed Carrots & Green Beans	Steamed Broccoli & Sweetcorn	Mashed Potato, Winter Greens & Gravy	Baby New Potatoes, Mixed Vegetables & Gravy	Skin on Fries, Garden Peas & Sweetcorn
<b>Dessert</b>	Cheshire Creameries Ice Cream	Fruit Sponge & Custard	Seeded Fruity Flapjack	Topped Yoghurt & Fruit Pots	Marble Cake
<b>Afternoon Snack</b>	Watermelon Slices	Mixed Fruit & Vegetable Smoothie	Pineapple Fingers	Selection of Whole Fruit	Honeydew Melon Slices
<b>Afternoon Tea</b>	Quorn Nuggets, Homemade Wedges & Vegetable Sticks 	Soup of the Day & Freshly Baked Bread	Mixed Vegetable Pasta Bake	Jacket Potato & Fillings	Pork Cassoulet Or Mixed Bean Cassoulet 








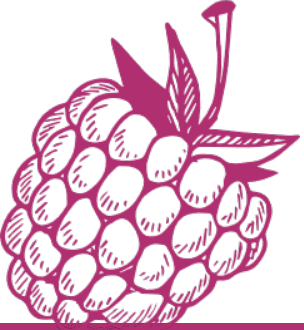


# LUNCH



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
<b>Morning Snack</b>	Toasted Crumpets	Cheese & Crackers	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
<b>Lunchtime Main Meal</b>	3 Cheese Tortellini	Baked Chicken Breast	Beef Bhuna	Roast Turkey	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	5 Bean & Vegetable Burrito 	Vegetable & Bean Patties 	Sweet Potato & Chickpea Korma 	Homemade Cheese & Onion Quiche 	Sweet Potato Falafel 
<b>On the Side</b>	Fusilli Pasta, Garlic Bread, Steamed Carrots & Green Beans	Seeded Bun, Steamed Broccoli & Sweetcorn	Steamed Rice & Winter Greens	Baby New Potatoes, Mixed Vegetables & Gravy	Skin on Fries, Garden Peas & Sweetcorn
<b>Dessert</b>	Topped Yoghurts & Fruit Pots	Toffee Apple Pudding & Custard	Carrot Cake Bites	Chocolate & Beetroot Brownie	Blueberry Muffin
<b>Afternoon Snack</b>	Watermelon Slices	Mixed Fruit & Vegetable Smoothie	Pineapple Fingers	Selection of Whole Fruit	Honeydew Melon Slices
<b>Afternoon Tea</b>	Homemade Pork Sausage Roll, Homemade Wedges & Vegetable Sticks	Mediterranean Vegetable Pasta Bake	Soup of the Day & Freshly Baked Bread	Jacket Potato & Fillings	Sweet Potato & Spinach Risotto






# LUNCH



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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Toasted Crumpets	Cheese & Crackers	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
<b>Lunchtime Main Meal</b>	3 Cheese Pasta Bake	Beef Chilli 	Chicken Casserole	Roast Gammon 	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Sun Dried Tomato & Basil Pasta Bake	5 Bean Vegetable Chilli 	Stir-Fry Quorn 	Plant Based Meatballs 	Quorn Sausages 
<b>On the Side</b>	Garlic Bread, Steamed Carrots & Green Beans	Steamed Rice Broccoli & Sweetcorn	Egg Noodles & Winter Greens	Roast Potatoes, Mixed Vegetables & Gravy	Skin on Fries, Garden Peas & Sweetcorn
<b>Dessert</b>	Topped Yoghurts & Fruit Pots	Winter Fruit Crumble & Custard	Lemon Drizzle Cake	Super Seed Shortbread	Winter Berry Sponge
<b>Afternoon Snack</b>	Watermelon Slices	Mixed Fruit & Vegetable Smoothie	Pineapple Fingers	Selection of Whole Fruit	Honeydew Melon Slices
<b>Afternoon Tea</b>	Soup of the Day & Freshly Baked Bread	Jacket Potato & Fillings	Fish Or Vegetable Pie 	Sweetcorn & Spinach Risotto	Pasta Carbonara Or Vegetable Carbonara