



LUNCH

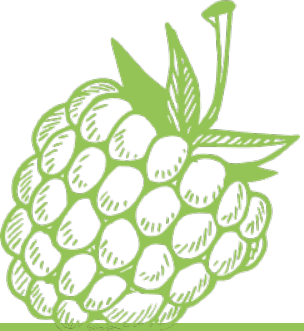


All dishes marked with our apple logo has one or more of the key features to be a Future Proof Food dish



Denoted a Halal alternative will be served

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Selection of Whole Fruit	English Muffins with Cream Cheese	Raisin Bagel with Unsalted Spread	Crumpets with Orange Marmalade	Teacake with Unsalted Spread
Lunchtime Main Meal	Teriyaki Chicken & Mixed Pepper 	Macaroni Cheese	Beef & Mixed Bean Super Chilli 	Roast Turkey Breast with Gravy 	Breaded Fish Fingers
Lunchtime Meat Free	Teriyaki Tofu & Mixed Pepper 	Gluten Free Pasta with Dairy Free Basil Pesto	Five Bean Super Chilli 	Roasted Butternut Squash Steak with Herb Crumbled Feta	Quorn 'Fishless' Fingers 
On the Side	Golden Vegetable Rice & Sweetcorn	Broccoli & Freshly Baked Garlic Bread	Turmeric Rice & Green Beans	Roasted Potatoes & Carrots	Roasted New Potatoes, Garden Peas & Sweetcorn
Spice it Up	Vegetable Spring Rolls	Bacon & Panko Herb Crumble	Zingy Tomato Salsa & Sour Cream	Peppered Beetroot	Cucumber & Caper Tartar Sauce
Dessert	Mixed Fruit Sponge	Greek or Dairy free Yoghurt with a Homemade Fruit Compote	Pear Crumble with Custard	Gingerbread Biscuits	Blueberry & Lemon Cake
Afternoon Snack	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Banana & Berry Smoothie	Watermelon Slices	Whole Fruit	Honeydew Melon Slices
Afternoon Tea	Lightly Spiced Chickpea, Carrot & Parsnip Curry with Naan Bread 	Chunky Jacket Wedges Served with Baked Beans & Grated Cheese	Falafel Bites with a Mediterranean Vegetable Medley, Soya Mint Yoghurt & Pitta Pieces 	Homemade Sausage Roll with Cucumber & Carrot Sticks	Spiced Parsnip Soup Served with Homemade Focaccia



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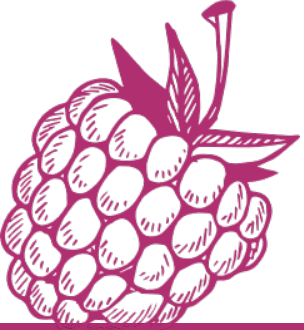


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Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Selection of Whole Fruit	English Muffins with Cream Cheese	Raisin Bagel with Unsalted Spread	Crumpets with Orange Marmalade	Teacake with Unsalted Spread
Lunchtime Main Meal	Chicken & Mixed Vegetable Coconut Curry 	Beef Bolognese Pasta Bake 	Mixed Winter Vegetable Stew	Herb Roasted Chicken Thigh 	Breaded Fish Fingers
Lunchtime Meat Free	Tofu & Mixed Pepper Coconut Curry 	Cauliflower & Mushroom Pasta Bake		Aubergine Steak with Lightly Roasted Chickpeas 	Quorn 'Fishless' Fingers 
On the Side	Golden Rice & Sweetcorn	Roasted Carrots & Freshly Baked Bread	Mash Potato & Pepered Leeks	Roasted New Potato & Green Cabbage Served with Gravy	Steamed New Potatoes, Peas & Sweetcorn
Spice it Up	Sweet Chilli Slaw	Parmesan & Herb Crumb	Roasted Broccoli	Sage & Onion Stuffing	Cucumber & Caper Tartar Sauce
Dessert	Greek Or Dairy Free Yoghurt with a Homemade Fruit Compote	Cherry Sponge	Pear & Rhubarb Crumble With Custard	Shortbread Bites	Banana & Chocolate Sponge Served with Fresh Cream
Afternoon Snack	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Banana & Berry Smoothie	Watermelon Slices	Whole Fruit	Honeydew Melon Slices
Afternoon Tea	Chunky Jacket Wedges Served with Baked Beans & Grated Cheese	Cumberland Sausage Mini Hot Dog & Spaghetti Hoops	Sweet Potato, Butternut Squash & Coconut Curry with Steamed Rice	Tuna, Sweetcorn, Red Pepper & Macaroni Salad	Tomato & Basil Soup Served with Homemade Focaccia



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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Selection of Whole Fruit	English Muffins with Cream Cheese	Raisin Bagel with Unsalted Spread	Crumpets with Orange Marmalade	Teacake with Unsalted Spread
Lunchtime Main Meal	Tuna & Sweetcorn Pasta Bake	Honey & Garlic Chicken 	Cumberland Sausages Served with Gravy	Mild Chicken Bhuna 	Breaded Fish Fingers
Lunchtime Meat Free	Lightly Spiced Butternut Squash & Spinach Pasta	Honey & Garlic Tofu 	Vegetarian Sausages	Chickpea & Spinach Curry 	Quorn 'Fishless' Fingers 
On the Side	Garden Peas	Golden Vegetable Rice & Steamed Sesame Broccoli	Leek Mashed Potato & Cauliflower	Vegetable Rice, Curried Carrots & Parsnips	Roasted New Potatoes, Peas & Sweetcorn
Spice it Up	Tossed Mixed Salad with a French Vinaigrette	Chilli & Garlic Croutons	Caramelised Red Onion	Vegetable & Spinach Pakoras	Cucumber & Caper Tartar Sauce
Dessert	Gingerbread Bites	Rice Crispy Cake	Apple Crunch Served with a Sweet Cream	Greek Or Dairy free Yoghurt with a Homemade Fruit Compote	Beetroot Brownie
Afternoon Snack	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Banana & Berry Smoothie	Watermelon Slices	Whole Fruit	Honeydew Melon Slices
Afternoon Tea	Jacket Potato Halves Served with Cheese & Beans	Cheese & Tomato Wholemeal Pasta Bake	Salmon Fishcakes with Cucumber Sticks	Red Pepper & Mature Cheddar Homemade Focaccia Flatbread	Carrot & Coriander Soup Served with Homemade Focaccia