















All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Cheese & Crackers	Toasted Crumpets	Teacake Fingers	Raisin Bagel Bites	Homemade Pesto Pin Wheels
<b>Lunchtime Main Meal</b>	Beef Bolognese	Plant Based Thai Curry	Pork Meatballs	Roast Chicken	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Sweet Potato & Lentil Bolognese 		Quorn Sausage 	Cheesy Cauliflower & Leek Bake 	Vegetable Spring rolls 
<b>On the Side</b>	Fusilli Pasta Homemade Focaccia Steamed Carrots & Green Beans	Jasmine Rice Steamed Broccoli & Sweetcorn	Creamy Mash Winter greens	Roast Potatoes Mixed Vegetables Yorkshire Puddings Gravy	Skin on fries Garden Peas & Sweetcorn
<b>Dessert</b>	Frozen Yoghurt	Fruit Crumble	Steamed Ginger Sponge	Fruit Flapjack	Topped Yoghurt & Fruit
<b>Afternoon Snack</b>	Watermelon Slices	Mango, Carrot & Banana Smoothie	Selection of Whole Fruit	Strawberry & Banana Smoothie	Melon Slices
<b>Afternoon Tea</b>	Quorn Nuggets, Homemade Wedges & Vegetable Sticks	Jacket Potato & Fillings	Penne Napoletana	Soup of the Day & Homemade Bread	Spanish Style Paella

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Cheese & Crackers	Toasted Crumpets	Teacake Fingers	Raisin Bagel Bites	Homemade Pesto Pin Wheels
<b>Lunchtime Main Meal</b>	Plant based Chilli con carne	Burger of the day	Katsu Chicken	Roast Pork	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Vegetable Burritos 	Plant Based Patties 	Katsu Quorn 	Tomato & Mozzarella Homemade Quiche 	Sweet Potato Falafel 
<b>On the Side</b>	Steamed rice Steamed Carrots & Green Beans	Baby Potatoes Seeded Bun Steamed Broccoli & Sweetcorn	Egg Noodles Winter greens	Roast Potatoes Mixed Vegetables Yorkshire Puddings Gravy	Skin on Fries Garden Peas & Sweetcorn
<b>Dessert</b>	Topped Yoghurts with Fruit Compote	Toffee Apple Pudding & Custard	Chocolate & Beetroot Brownie	Lemon Sponge	Organic Fruity Ice Lollies
<b>Afternoon Snack</b>	Watermelon Slices	Mango, Carrot & Banana Smoothie	Selection of Whole Fruit	Strawberry & Banana Smoothie	Melon Slices
<b>Afternoon Tea</b>	Homemade Sausage & Vegetable Roll Homemade Wedges	Mediterranean Vegetable Pasta Bake	Jacket Potato & Fillings	Soup of the Day & Homemade Bread	Sweet Potato & Spinach Risotto

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Toasted Crumpets	Cheese & Crackers	Teacake Fingers	Raisin Bagel Bites	Homemade Pesto Pin Wheels
<b>Lunchtime Main Meal</b>	3 Cheese Pasta Bake 	BBQ Pulled Pork	Curry of the day	Roast Turkey	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Sun Dried Tomato & Basil Pasta Bake	BBQ Pulled Jackfruit 	Vegetable Curry of the day 	Plant Based Meatballs 	Quorn Nuggets 
<b>On the Side</b>	Fusilli Pasta Homemade Focaccia Steamed Carrots & Green Beans	Baby Baked Potatoes Broccoli & Sweetcorn	Steamed Rice Naan Bread Winter greens	Roast Potatoes Mixed Vegetables Yorkshire Puddings Gravy	Skin on Fries Garden Peas & Sweetcorn
<b>Dessert</b>	Topped Yoghurts with Fruit Compote	Pear & Winter Berry Crumble	Seeded Vanilla Shortbread	Topped Yoghurts with Fruit Compote	Banana Bread
<b>Afternoon Snack</b>	Watermelon Slices	Mango, Carrot & Banana Smoothie	Selection of Whole Fruit	Strawberry & Banana Smoothie	Melon Slices
<b>Afternoon Tea</b>	Soup of the Day & Freshly Baked Bread	Jacket Potato & Fillings	Fish Or Vegetable Pie	Spaghetti with Marinara Sauce	Mixed Bean Jambalaya