








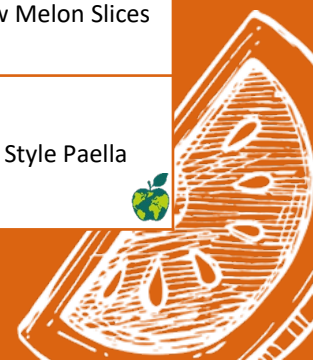


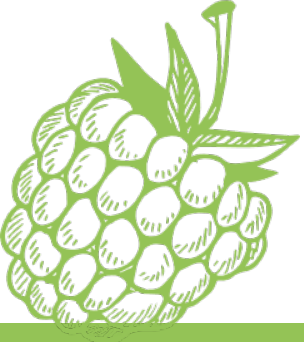
LUNCH



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
Morning Snack	Cheese & Crackers	Toasted Crumpets	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
Lunchtime Main Meal	Slow Cooked Beef Ragu 	Thai Red Quorn Coconut Curry	Skinless Sausages	Chicken & Leek Pie	Breaded Fish Fingers
Lunchtime Meat Free	Chestnut Mushroom & Lentil Bolognese 		Quorn Sausages 	Italian Bean Casserole 	Vegetable Nuggets 
On the Side	Penne Pasta, Homemade Focaccia Steamed Carrots & Green Beans	Jasmine Rice, Steamed Broccoli & Sweetcorn	Mashed Potato, Mixed Spring Greens & Gravy	Baby New Potatoes, Medley of Vegetables & Gravy	Skin on Fries Garden Peas & Sweetcorn
Dessert	Cheshire Creameries Ice Cream	Topped Yoghurt & Fruit	Coconut & Raspberry Sponge	Super Seed Fruit Flapjack	Topped Yoghurt & Fruit
Afternoon Snack	Watermelon Slices	Mango, Pineapple & Carrot Smoothie	Selection of Whole Fruit	Avocado, Spinach & Banana Smoothie	Honeydew Melon Slices
Afternoon Tea	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 Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Toasted Crumpets	Cheese & Crackers	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
Lunchtime Main Meal	Quorn Lasagne	Pork Patties	Katsu Chicken	Roast Turkey	Breaded Fish Fingers
Lunchtime Meat Free	Fiesta Tortellini	Vegetable & Bean Patties 	Katsu Quorn	Asparagus & Emmental Homemade Quiche 	Sweet Potato Falafel 
On the Side	Penne Pasta, Homemade Focaccia, Steamed Carrots & Green Beans	Seeded Bun, Steamed Broccoli & Sweetcorn	Turmeric Rice, Flatbread & Mixed Spring Greens	Baby New Potatoes, Medley of Vegetables & Gravy	Skin on Fries Garden Peas & Sweetcorn
Dessert	Strawberry & Acai Berry Topped Yoghurts	Toffee Apple Pudding & Custard	Chocolate & Beetroot Brownie	Ginger & Pumpkin Seed Loaf	Organic Fruity Ice Lollies
Afternoon Snack	Watermelon Slices	Mango, Pineapple & Carrot Smoothie	Selection of Whole Fruit	Avocado, Spinach & Banana Smoothie	Honeydew Melon Slices
Afternoon Tea	Homemade Sausage Roll with Homemade Wedges & Vegetable Sticks	Mediterranean Vegetable Pasta Bake	Jacket Potato & Fillings	Soup of the Day & Homemade Bread	Sweet Potato & Spinach Risotto









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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Toasted Crumpets	Cheese & Crackers	Teacake with Unsalted Spread	Raisin Bagel Bites	Homemade Pesto Pin Wheels
Lunchtime Main Meal	3 Cheese Pasta Bake	Mango Chicken 	Quorn Hotdogs	Roast Gammon 	Breaded Fish Fingers
Lunchtime Meat Free	Sun Dried Tomato & Basil Pasta Bake	5 Bean Vegetable Chilli 		Plant Based Meatballs 	Quinoa Stuffed Red Peppers 
On the Side	Penne Pasta, Homemade Focaccia, Steamed Carrots & Green Beans	Steamed Rice Broccoli & Sweetcorn	Baby Potatoes & Mixed Spring Greens	Roast Potatoes, Medley of Vegetables & Gravy	Skin on Fries Garden Peas & Sweetcorn
Dessert	Topped Yoghurts & Fruit	Rhubarb & Cherry Crumble with Custard	Caribbean Style Rice Pudding	Super Seed Shortbread	Banana & Chocolate Sponge with Chocolate Sauce
Afternoon Snack	Watermelon Slices	Mango, Pineapple & Carrot Smoothie	Selection of Whole Fruit	Avocado, Spinach & Banana Smoothie	Honeydew Melon Slices
Afternoon Tea	Soup of the Day & Freshly Baked Bread	Jacket Potato & Fillings	Fish Or Vegetable Pie 	Spaghetti with Marinara Sauce	Mixed Bean Jambalaya 