







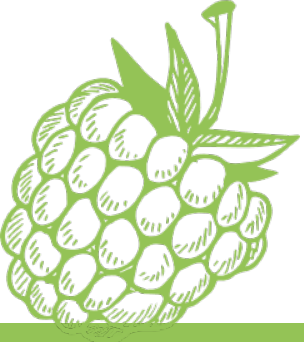
LUNCH

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
MAIN COURSE ONE	Beef Ragout 	Homemade Margherita Pizza	Butchers Sausages	Roast Chicken	Breaded & Battered Pollock
					Daily Chicken Special
MAIN COURSE TWO	Butternut Squash & Lentil Bolognes 	Thai Quorn & Vegetable Curry	Quorn Sausages 	Italian Bean Casserole 	Vegetable Nuggets 
ON THE SIDE	Whole Wheat Pasta Garlic & Herb Focaccia Steamed Carrots & Green Beans	Herby Baby Potatoes Jasmine Rice Steamed Broccoli & Sweetcorn	Creamy Mash Caramelised Onions Gravy Autumn Greens	Roast Potatoes Mixed Vegetables Yorkshires & Stuffing Gravy	Skin on Fries Garden Peas & Sweetcorn
PASTA & JACKET BAR	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans, Tuna & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans, Tuna & Grated Cheese
DESSERT OPTION 1	Cheshire Creameries Choc Ice	Apple & Cinnamon Pie & Custard	Lemon Drizzle	Seeded Fruit Flapjack	Rocky Road
DESSERT OPTION 2	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				





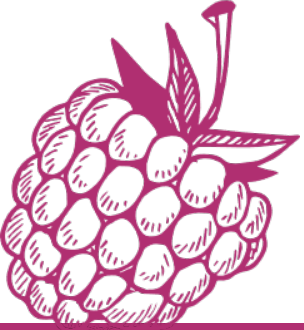
LUNCH



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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Quorn Lasagne	Burger of the day	Katsu Chicken Fillet	Roast Turkey	Breaded & Battered Pollock
MAIN COURSE TWO	Fiesta Tortellini 	Vegetable & Bean Burger	Katsu Quorn	Cheese & Caramelised Onion Quiche	Daily Chicken Special
ON THE SIDE	Garlic & Herb Focaccia Roasted Carrots & Green Beans	Seeded Bun Herby Baby Potatoes Steamed Broccoli & Sweetcorn	Steamed Rice Autumn Greens	Roast Potatoes Mixed Vegetables Yorkshires & Stuffing Gravy	Sweet Potato Falafel & Mint Yoghurt 
PASTA & JACKETS	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Skin on Fries Garden Peas & Sweetcorn
DESSERT OPTION 1	Belgian Waffles with Autumn Berry Compote	Sticky Toffee Pudding & Custard	Chocolate & Beetroot Brownie	Fruit & Coconut topped Sponge	Jacket Potato, Baked Beans, Tuna & Grated Cheese
DESSERT OPTION 2	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				








LUNCH



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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Whole Wheat Pasta with 3 Cheese Sauce Or Sundried Tomato & Basil Sauce	Sweet Chilli Chicken 	Curry of the Day	Roast Gammon	Breaded & Battered Pollock
MAIN COURSE TWO		5 Bean Vegetable Stir-fry 	Vegetable Curry of the Day 	Plant Based Meatballs 	Daily Chicken Special
ON THE SIDE	Garlic & Herb Focaccia Steamed Carrots & Green Beans	Egg Noodles Steamed Broccoli & Sweetcorn	Steamed Basmati Rice Naan Bread Autumn Greens	Roast Potatoes Mixed Vegetables Yorkshires & Stuffing Gravy	Moroccan Style Stuffed Bell Peppers 
PASTA & JACKETS	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Jacket Potato, Baked Beans & Grated Cheese	Whole Wheat Pasta Served with a Spinach & Tomato Sauce	Skin on Fries Peas & Sweetcorn
DESSERT OPTION 1	Glazed Ring Doughnuts	Seasonal Fruit Crumble & Custard	Chocolate & Super Seed Shortbread	Picnic Slice	Jacket Potato, Baked Beans, Tuna & Grated Cheese
DESSERT OPTION 2	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				