















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 Bolognese	Homemade Margherita Pizza	Butchers Sausages	Roast Chicken	Breaded & Battered Pollock
					Daily Chicken Special
MAIN COURSE TWO	Sweet Potato & Lentil Bolognese 	Plant Based Thai Curry 	Quorn Sausages 	Cheesy Cauliflower & Leek Bake 	Vegetable Spring rolls 
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 Winter 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	Frozen Yoghurts	Apple Crumble & Custard	Steamed Ginger Sponge	Maple Flapjack	Rocky Road
OPTION 2	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Plant based Chilli Con Carne	Burger of the day	Katsu Chicken Fillet	Roast Pork	Breaded & Battered Pollock
MAIN COURSE TWO	Vegetable Burrito's 	Plant Based Burger 	Katsu Quorn 	Tomate & Mozzarella Quiche 	Daily Chicken Special
ON THE SIDE	Steamed Rice Taco's Roasted Carrots & Green Beans	Brioche Bun Herby Baby Potatoes Steamed Broccoli & Sweetcorn	Katsu Sauce Egg Noodles Winter 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 Winter Berry Compote	Sticky Toffee Pudding & Custard	Chocolate & Beetroot Brownie	Lemon Drizzle	Jacket Potato, Baked Beans, Tuna & Grated Cheese
DESSERT OPTION 2	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				

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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 	BBQ Pulled Pork	Curry of the Day	Roast Turkey	Breaded & Battered Pollock
MAIN COURSE TWO		BBQ Pulled Jackfruit 	Vegetarian Curry of the Day 	Plant Based Meatballs 	Daily Chicken Special
ON THE SIDE	Garlic & Herb Focaccia Steamed Carrots & Green Beans	Soft floured rolls Baked Baby Potatoes Steamed Broccoli & Sweetcorn	Steamed Basmati Rice Naan Bread Winter greens	Roast Potatoes Mixed Vegetables Yorkshires & Stuffing Gravy	Skin on Fries Peas & Sweetcorn
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	Jacket Potato, Baked Beans, Tuna & Grated Cheese
DESSERT OPTION 1	Glazed Ring Doughnuts	Pear & Winter Berry Crumble & Custard	Seeded Vanilla Shortbread	Crispy Chocolate Slice	Banana Bread
OPTION 2	A Daily Selection of Jelly, Fruit, Yoghurt & Fresh Dessert Pots				