



# LUNCH

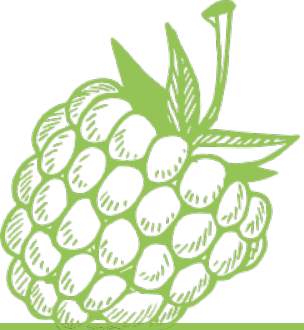


All dishes marked with our apple logo has one or more of the key features to be a Future Proof Food dish



Denoted a Halal alternative will be served

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	English Muffins with Cream Cheese	Raisin Bagel with Unsalted Spread	Crumpets with Mixed Jam	Fresh Fruit	Homemade Strawberry Scone with Unsalted Spread
<b>Lunchtime Main Meal</b>	Teriyaki Chicken & Peppers 	Sweet Potato Macaroni Cheese	Beef & Mixed Bean Super Chilli 	Roast Turkey Breast with Gravy 	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Teriyaki Tofu & Peppers 	Gluten Free Pasta with Dairy Free Basil Pesto	Five Bean Super Chilli 	Roasted Butternut Squash 	Quorn 'Fishless' Fingers 
<b>On the Side</b>	Golden Vegetable Rice & Sweetcorn	Cauliflower & Freshly Baked Garlic Bread	Turmeric Rice & Green Beans	Roasted Potatoes & Carrots & Broccoli	Roasted New Potatoes, Garden Peas & Sweetcorn
<b>Spice it Up</b>	Vegetable Spring Rolls	Bacon & Panko Herb Crumble	Chilli Tortilla Chips	Peppered Beetroot	Cucumber & Caper Tartar Sauce
<b>Dessert</b>	Mixed Fruit Sponge	Greek or Dairy Free Yoghurt with a Homemade Fruit Compote	Pear Crumble with Custard	Gingerbread Biscuits	Blueberry & Lemon Cake
<b>Afternoon Snack</b>	Fresh Fruit	Banana & Berry Smoothie	Watermelon Slices	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Honeydew Melon Slices
<b>Afternoon Tea</b>	Lightly Spiced Mixed Beans & Potato Curry with Naan Bread 	Chunky Jacket Wedges Served with Baked Beans & Grated Cheese	Fish Goujon Hot Dogs with Sweet Potato Chunks 	Homemade Sausage Roll with Cucumber & Carrot Sticks	Leek & Potato Soup Served with Homemade Focaccia



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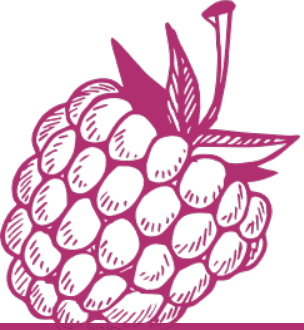


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Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	English Muffins with Cream Cheese	Raisin Bagel with Unsalted Spread	Crumpets with Mixed Jam	Fresh Fruit	Homemade Strawberry Scone with Unsalted Spread
<b>Lunchtime Main Meal</b>	Chicken & Mixed Vegetable Fajitas 	Beef Bolognese Pasta Bake 	Mixed Spring Vegetable Stew	Herb Roasted Chicken Thigh 	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Tofu & Mixed Pepper Fajitas 	Cauliflower & Mushroom Pasta Bake		Herb Roasted Aubergine 	Quorn 'Fishless' Fingers 
<b>On the Side</b>	Golden Rice, Mini Wraps & Sweetcorn	Roasted Carrots & Freshly Baked Bread	Mash Potato & Roasted Broccoli	Roasted New Potato, Cauliflower & Green Cabbage Served with Gravy	Steamed New Potatoes, Peas & Sweetcorn
<b>Spice it Up</b>	Guacamole	Parmesan & Herb Crumb	Peppered Leeks	Sage & Onion Stuffing	Cucumber & Caper Tartar Sauce
<b>Dessert</b>	Greek Or Dairy Free Yoghurt with a Homemade Fruit Compote	Shortbread Bites	Pear & Rhubarb Crumble With Custard	Cherry & Carrot Sponge	Banana & Chocolate Sponge Served with Fresh Cream
<b>Afternoon Snack</b>	Fresh Fruit	Banana & Berry Smoothie	Watermelon Slices	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Honeydew Melon Slices
<b>Afternoon Tea</b>	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	Vegan Lasagne with Cucumber Sticks	Tomato & Basil Soup Served with Homemade Focaccia



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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	English Muffins with Cream Cheese	Raisin Bagel with Unsalted Spread	Crumpets with Mixed Jam	Fresh Fruit	Homemade Strawberry Scone with Unsalted Spread
<b>Lunchtime Main Meal</b>	Honey & Garlic Chicken 	Lightly Spiced Roasted Red Pepper & Vegetable Arrabiata Pasta	Mild Chicken Bhuna	Cumberland Sausages Served with Gravy 	Breaded Fish Fingers
<b>Lunchtime Meat Free</b>	Honey & Garlic Tofu 		Chickpea & Spinach Curry 	Vegetarian Sausages	Quorn 'Fishless' Fingers 
<b>On the Side</b>	Golden Vegetable Rice & Steamed Broccoli	Garden Peas, Homemade Focaccia	Vegetable Rice, Curried Carrots & Parsnips	Leek Mashed Potato & Cauliflower	Roasted New Potatoes, Peas & Sweetcorn
<b>Spice it Up</b>	Chilli & Garlic Croutons	Tossed Mixed Salad with a French Vinaigrette	Vegetable & Spinach Pakoras	Caramelised Red Onion	Cucumber & Caper Tartar Sauce
<b>Dessert</b>	Golden Syrup Cake	Gingerbread Bites	Greek Or Dairy Free Yoghurt with a Homemade Fruit Compote	Apple Crunch Served with a Sweet Cream	Beetroot Brownie
<b>Afternoon Snack</b>	Banana & Berry Smoothie	Fresh Fruit	Watermelon Slices	Rice Cakes Or Cream Crackers with Soft Cheese Or Vegan Slices	Honeydew Melon Slices
<b>Afternoon Tea</b>	Chickpea & Butternut Squash Tagine with Flatbread Triangles 	Salmon Fishcakes with Cucumber Sticks	Falafel Bites with Roasted Pepper Hummus, Cucumber & Cherry Tomato Salad with Pitta Pieces 	Jacket Potato Halves Served with Cheese & Beans	Roasted Sweet Potato Soup Served with Homemade Focaccia