



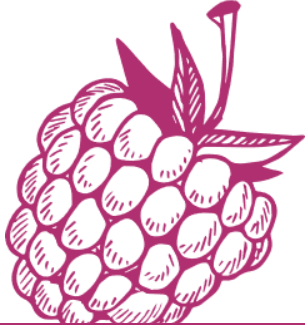


# Lunch Menu


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







Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course One</b>	Pasta with a Cheese Sauce	Vegetable and Chicken Curry 	Roast Turkey with Gravy	<b>Mexican Pop Up</b> Mild Vegetable and Beef Chilli Wraps	MSC Breaded Fish Fingers
<b>Main Course Two</b>	Pasta with Roasted Vegetables and a Simple Tomato Sauce	Plant Based, Mild Sweet Potato and Vegetable Curry 	Feta, Butternut Squash and Spinach Bake 	Plant Based, Mushroom, Vegetable and Bean Chilli Wraps	Soya 'Fishless' Fingers
<b>On the Side</b>	Steamed Carrots Broccoli and Green Beans	Steamed Rice Mixed Vegetables Sweetcorn	Roast Potatoes Carrots and Broccoli Gravy	Hand Cut Potato Wedges Roasted Med Veg Tortilla Chips	Chipped Potatoes/Boiled New Potatoes Garden Peas Sweetcorn
<b>Jacket Potato</b>	Jacket Potato Served with Baked Beans & Cheese	Jacket Potato Served with Baked Beans & Cheese	Jacket Potato Served with Baked Beans & Cheese	Jacket Potato Served with Baked Beans & Cheese	Jacket Potato Served with Baked Beans & Cheese
<b>Salad Bar</b>	A Daily Selection Proteins and Salads including Lettuce, Cucumber, Sweetcorn, Tomato and Mixed Seasonal Salads				
<b>Dessert</b>	Topped Yoghurts Freshly Cut Fruit Selection of Whole Fruit	Lemon Drizzle Cake Topped Yoghurts Freshly Cut Fruit Selection of Whole Fruit	Topped Yoghurts Freshly Cut Fruit Selection of Whole Fruit	Super Seed Shortbread Topped Yoghurts Freshly Cut Fruit Selection of Whole Fruit	Chocolate and hidden Beetroot Brownie Topped Yoghurts Freshly Cut Fruit Selection of Whole Fruit



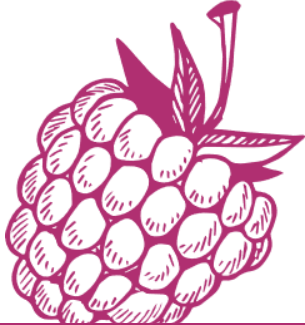


# Nurseries Lunch and Supper Menu


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

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch Main Course One</b>	Pasta with a Cheese Sauce	Vegetable and Chicken Curry 	Roast Turkey with Gravy	Mild Vegetable and Beef Chilli	MSC Breaded Fish Fingers
<b>Lunch Main Course Two</b>	Pasta with Roasted Vegetables and a Simple Tomato Sauce	Plant Based, Mild Sweet Potato and Vegetable Curry 	Feta, Butternut Squash and Spinach Bake 	Plant Based, Mushroom, Vegetable and Bean Chilli 	Vegetable Omelette
<b>Lunch on the Side</b>	Steamed Carrots Broccoli	Steamed Rice Mixed Vegetables including Sweetcorn	Roast Potatoes Carrots and Broccoli Gravy	Crushed Potatoes Simple Vegetables	Boiled New Potatoes Garden Peas Sweetcorn
<b>Afternoon Supper</b>	Roast Chicken or Baked Cauliflower Steaks  Mashed Potato Peas, Gravy	Pasta Served with either a Spinach and Cream Sauce or Vegetable Ratatouille Sauce  Sweetcorn	Plant Based Carrot and Vegetable Soup   Served with Cheese or Ham Finger Sandwiches	Vegetable Puff Pie  Mixed Sweet Potato and Potato Mash  Steamed Vegetables	Plant Based Rustic Squash and Vegetable Soup   Served with Cheese or Ham Sandwich Fingers
<b>Supper on the Side</b>	A Daily Selection of Salads and Freshly Cut Fruit				







# Afternoon Club Menu

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



Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Afternoon Supper</b>	Roast Chicken or Baked Cauliflower Steaks Mashed Potato Peas, Gravy	Pasta Served with either a Spinach and Cream Sauce or Vegetable Ratatouille Sauce  Sweetcorn	Homemade Fishcake, Baked Beans and Salad  Or Plant Based Carrot and Vegetable Soup 	Vegetable Puff Pie  Mixed Sweet Potato and Potato Mash  Steamed Vegetables	Ham and Cheese Toasties Or Cheese and Tomato Toasties  Or Plant Based Squash and Vegetable Soup 
<b>Salad Bar</b>	A Daily Selection of Salads including Lettuce, Cucumber, Sweetcorn, Tomato and Mixed Seasonal Salads				

