

Menu - Week One

All dishes highlighted in **RED** have been made with ingredients that do not contain gluten



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

| | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|---|---|--|--|----------------------------------|
| Morning Snack | Pan aux raisin | Flapjack | Cheese & Crackers | Fruit Tea Cakes | Sausage roll |
| Allergen Option | Popcorn | Flapjack | Cheese & Rice cakes | Fruit Tea Cake | Cheese Twist |
| Fresh fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Soup | Freshly Made Soup & Home Baked Bread with a selection of seeds & toppers | | | | |
| Main Meal | Pasta Bar Tuna & Sweetcorn Sauce Broccoli & Cheese Sauce, & 5 Veg Sauce Sauce | Chicken Korma | Roast Gammon | Chicken Fajitas | Fish Bar |
| Meat Free | | Chickpea & Spinach Balti | Warm Sundried Tomato, Cheddar & Basil Quiche | Halloumi & Roasted Vegetable Fajitas | Mediterranean Galette |
| Salad Bar & Jacket Potato | Salad Bar & Jacket Potato | Salad Bar & Jacket Potato | Salad Bar & Jacket Potato | Salad Bar & Jacket Potato | Salad Bar & Jacket Potato |
| On The Side | Spaghetti or 50/50 Penne Broccoli, Sweetcorn | Wholegrain Rice, Cauliflower & Green Beans, Nan Bread & Mango Chutney | Roast Potato, Cabbage, Carrots, Gravy & Stuffing | Corn on the cob, Coleslaw, Shredded Lettuce, Mixed Bean Rice Salad | Chips, Baked Beans & Mushy Peas |
| Dessert | Carrot Cake & Cream cheese frosting | Summer Manor Mess | Raspberry & Lemon Cake | Chocolate Sponge | Greek Yoghurt, Toppers & Granola |
| Fruit & Yoghurt | Cut Fruit Whole Fruit Greek Yoghurt & Toppings | Cut Fruit Whole Fruit Greek Yoghurt & Toppings | Cut Fruit Whole Fruit Greek Yoghurt & Toppings | Cut Fruit Whole Fruit Greek Yoghurt & Toppings | |
| Afternoon Break | Shortbread | Pizza | Scones | Filled Rolls | Cookie |
| Allergen Options | Biscuit | Pizza | Scones | Filled Rolls | Oat Biscuit |

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Meat Free Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | | |
|--------------------------------------|--|--|--|--|--|
| Morning Snack | Toasted Crumpet | Croissant | Cheese & Crackers | Pinwheel | Granola Bar |
| Allergen Option | Toasted Crumpet | Croissant | Cheese & Rice Cake | Pinwheel | Granola Bar |
| Fresh fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Soup | Freshly Made Soup & Home Baked Bread with a selection of seeds & toppers | | | | |
| Main Meal | Macaroni cheese or Tomato & Mascarpone Gnocchi Bake | Sweet & Sour Chicken | Lamb Kofta | Beef Lasagne | Posh Dogs |
| Meat Free | | Tofu, Pak Choi, Mushroom Teriyaki | Grilled Mediterranean Vegetable Ciabatta Sandwich | Black bean & Vegetable Enchilada | Vegetarian Posh Dogs |
| Jacket Potato & Salad Bar | Salad Bar & Jacket Potato | Salad Bar & Jacket Potato | Salad Bar & Jacket Potato | Salad Bar & Jacket Potato | Salad Bar & Jacket Potato |
| On The Side | Garlic Bread, Sweetcorn, Green Beans | Noodles, Broccoli & Peas | Herb Cous Cous, Roasted Cauliflower, Carrots | Spring Green Vegetable Medley | Skinny Fries, Rainbow Slaw, Corn on Cob, Ketchup, Mustard, Crispy Onions |
| Dessert | Fruit Salad & Greek Yoghurt | Chocolate Krispy Cake | Jelly & Cream | Orange & Poppy Seed Cake | Arctic Roll |
| Fruit & Yoghurt | | Cut Fruit Whole Fruit Greek Yoghurt & Toppings | Cut Fruit Whole Fruit Greek Yoghurt & Toppings | Cut Fruit Whole Fruit Greek Yoghurt & Toppings | Cut Fruit Whole Fruit Greek Yoghurt & Toppings |
| Afternoon Break | Tray bake | Pesto & Cheese Focaccia | Shortbread | Filled Rolls | Cookie |
| Allergen Option | Tray Bake | Pesto & Cheese Focaccia | Shorbread | Filled Rolls | Cookie |

Menu - Week Three

All dishes highlighted in **RED** have been made with ingredients that do not contain gluten



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

Meat Free Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | | |
|--|--|---|--|---|------------------------------------|
| Morning snacks | Pan au Chocolate | Bagel | Pinwheel | Granola Bar | English Breakfast Muffin |
| Allergen option | Pan au Chocolate | Bagel | Pinwheel | Granola Bar | English Breakfast Muffin |
| Fresh fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Soup | Freshly Made Soup & Home Baked Bread with a selection of seeds & toppers | | | | |
| Main Meal | Margherita Pizza Olives, Pineapple, Roasted Peppers, Mushrooms, Pesto | Mexican Beef Chilli | Lemon, Soy & Honey Chicken Stir Fry | THEME DAY | Turkey Snitzel |
| Meat Free | | Vegetable Chilli | Spring Onion, Feta & Potato Frittata | THEME DAY | Spinach & Ricotta Tortellini |
| Jacket Potato & Salad Bar | Salad Bar | Salad Bar & Jacket Potato | Salad Bar & Jacket Potato | Salad Bar & Jacket Potato | Salad Bar & Jacket Potato |
| On The Side | Sweetcorn, Broccoli | Wholegrain Rice, Tortilla Chips, Peas & Cauliflower | Noodles, Carrots, Cabbage | THEME DAY | New Potatoes, Green Beans, Peas |
| Dessert | Fruit Salad | Fruit Tart | Cranberry & Orange Brownie | THEME DAY | Lolly |
| Fruit & Yoghurt | Cut Fruit Whole Fruit Greek Yoghurt & Toppings | Cut Fruit Whole Fruit Greek Yoghurt & Toppings | Cut Fruit Whole Fruit Greek Yoghurt & Toppings | Cut Fruit Whole Fruit Greek Yoghurt & Toppings | |
| Afternoon Break | Flapjack | Tray bake | Muffin | Filled Rolls | Cookie |
| Allergen Options | Flapjack | Tray bake | Muffin | Filled Rolls | Cookie |