

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	Cheese & Crackers	Granola Bar	Cinnamon Bread	Brioche	Sausage Roll
Allergen Option	Cheese & Crackers	Granola Bar	Cinnamon Bread	Brioche	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	Vegetable Chilli	Beef & Vegetable Pie	Katsu Chicken Curry	Beef Lasagne	Chip Shop Friday Fish of the Day
Meat Free		Vegetable Pasty	Spinach & Paneer Curry	Vegetable Lasagne	Super green Gnocchi
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	Whole grain Rice, Sweetcorn & Broccoli	New Potatoes, Carrots & Peas	Wholegrain Rice, Roasted Cauliflower & Green Beans	Garlic Bread, Sweetcorn & Cabbage	Chips, Peas, Mushy Peas, Baked, Beans, Curry Sauce, Pickles & Breads
Dessert	Toffee Apple Crumble & Cream	Sticky Toffee Pudding	Fruit Jelly	Pineapple Upside Cake & Custard	Fruit Salad, Yoghurt & 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	Scone	Filled Rolls	Muffin	Tray bake	Cookie
Allergen Options	Scone	Filled Rolls	Muffin	Tray Bake	Cookie

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Morning Snack	Crumpet	Pinwheel	Toasted Bagel	Pan au Chocolate	Welsh Rarebit
Allergen Option	Crumpet	Pinwheel	Toasted Bagel	Pan au Chocolate	Welsh Rarebit
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	Pizza Bar	Hoi Sin Beef	Piri Piri Chicken Thigh	Pork Schnitzel	Chicken Shwarma
Meat Free	Pineapple. Mushrooms, Pesto & Peppers	Tofu & Mushroom Teriyaki	Spicy Bean Burger	Leek, Potato & Cheese Crumble	Spinach Falafel
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	Sweetcorn & Cauliflower	Noodles, Roasted Broccoli & Cauliflower	Vegetable Rice, Macho peas, Corn on the Cob	Roasted New Potatoes, Carrots & Green Beans	Khobez Bread, Cous Cous, Spiced Peas, Pickled Cabbage
Dessert	Autumn Fruit Crumble	Rocky Road	Jelly	Jam Blondie	Yoghurt Bar & Toppers
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	Muffin	Filled Roll	Sausage Roll	Sticky Toffee Rice Krispy roll	Cookie
Allergen Option	Muffin	Filled Roll	Sausage Roll	Sticky Toffee Rice Krispy roll	Cookie

Menu - Week Three

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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	Croissant	Banana Bread	Cheese & Crackers	Cheese & Biscuit	Teacake
Allergen option	Croissant	Banana Bread	Cheese & Crackers	Cheese & Biscuit	Teacake
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 Bar Pesto, Olives, Roasted Peppers, Crispy Onions	Sausages	Roast Chicken	THEME DAY	Fish Bar
Meat Free		Vegetarian Sausages	Lentil Roast	THEME DAY	Vegetable Quesadilla
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 & Cauliflower	Mashed Potato, Green Beans, Peas & Gravy	New Potatoes, Broccoli, Carrots & Gravy	THEME DAY	Chips, Peas, Baked Beans
Dessert	Syrup Sponge & Custard	Cheesecake	Sprinkle Cake	THEME DAY	Fruit Salad, Yoghurt & Toppings
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	Lemon Shortbread	Pizza	Filled Rolls	Tray bake	Cookie
Allergen Options	Lemon Shortbread	Pizza	Filled Rolls	Tray bake	Cookie