

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Mini Croissant	Wholegrain Margarita Pitta Pizza	Selection of Mild Cheese & Crackers	Fresh Fruit Smoothie	Granola Bar
Allergen Option	DF Mini Croissant	Margarita Pizza	Vegan Cheese & Crackers	Fresh Fruit Coconut Yoghurt Smoothie	Berry Granola Bar
Main Meal	<p><u>'Make It Mine' Monday</u></p> <p>Penne Pasta or Spaghetti with your choice of:</p> <p>Chorizo, White Bean and Tomato</p>	Sweet and Sour Chicken Balls	<p><u>Wednesday Classic</u></p> <p>Roast Lemon and Garlic Chicken Thighs, Fruity Sage and Onion Stuffing</p>	 <p>Slow Cooked Traditional Beef Ragù Lasagna</p>	<p><u>Fish 'n Chips Friday</u></p> <p>MSC Battered Pollock Fillet, Tartare Sauce, Lemon Wedges, Tomato Ketchup</p>
Meat Free	<p>Basil Pesto</p> <p>Rainbow Vegetable Tomato Sauce</p>	Crispy Tofu	Roast Pepper, Goats Cheese and Sun Dried Tomato Tartlet	Aubergine and Lentil Moussaka	Macaroni Cheese
On The Side	Garlic Ciabatta Sweetcorn Roast Courgette	Brown Rice Vegetable Chop Suey Honey and Sesame Carrots	Roast New Potatoes Braised Red Cabbage Broccoli	Lemon and Feta Green Beans Corn on the Cob Sun Dried Tomato and Olive Focaccia	Chunky Chips Peas Baked Beans
Dessert	Fresh Cut Fruit and Yoghurts	Fruit Jelly Pots	Lemon and Raspberry Meringue Mess	Chunky Marshmallow Rocky Road	Banoffee Sponge with Chocolate Custard
Afternoon Break	Toasted Tea Cakes	Yum Yum	Metcalf Yoghurt Rice Cakes	Individual Bread Pretzel	Selection of Lentil Crisps
Allergen Options	Toasted Tea Cakes	Blueberry Muffin	Rice Cakes	Homemade Breadstick	Selection of Lentil Crisps

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Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Selection of Mild Cheese & Crackers	Breadsticks and Hummus	Mini Pan au Raisin	Sausage Roll	Honey Granola and Chocolate Chip Bites
Allergen Option	Vegan Cheese & Crackers	Breadsticks and Hummus	Apple and Cinnamon Pinwheel	Vegetarian Sausage Roll	Honey Granola and Chocolate Chip Bites
Main Meal	<p><u>'Make It Mine'</u> Monday</p> <p>Penne Pasta or Spaghetti with your choice of:</p> <p>Lamb and Rosemary Ragu</p>	<p>Pork Sausage or Chicken Sausage, Red Onion Chutney, Rosemary Gravy</p>	<p><u>Wednesday Classic</u></p> <p>Chicken and Leek Pie</p>	<p>Deep Pan Margarita Pizza</p> <p>Make it your own:</p> <p>Ham and Pineapple Black Olives, Pesto, Crispy Pepperoni Bits</p>	<p><u>Catch of the Day</u> Fresh Fish of the Day</p>
Meat Free	<p>Basil Pesto</p> <p>Rainbow Vegetable Tomato Sauce</p>	Vegetarian Sausages	Mushroom and Stilton Wellington		Gnocchi with Tomato, Basil and Boccancini
On The Side	<p>Handmade Garlic Bread</p> <p>Roast Courgette</p> <p>Broccoli</p>	<p>Cheese and Chive Mashed Potato</p> <p>Green Beans</p> <p>Baked Beans</p>	<p>Steamed Sweetcorn</p> <p>Steamed Cauliflower</p> <p>Roasted New Potatoes</p>	<p>Braised Brown Rice</p> <p>Broccoli</p> <p>Garden Peas</p>	<p>Steamed New Potatoes</p> <p>Mixed Green Vegetables</p>
Dessert	Fresh Cut Fruit and Yoghurts	Blueberry and Lime Drizzle Cake	Apple Crumble with Custard	Chocolate Brownie	<p><u>Waffle Bar</u></p> <p>Belgium Style Waffles with Mixed Berries and Chocolate Sauce</p>
Afternoon Break	Snack a Jacks	Cheese and Onion Quiche	Trudy Scrumptious Muffins	Cheese and Chive Puff Twist	Cinnamon Butter Bagel
Allergen Option	Snack a Jacks	Vegetable Frittata	Trudy Scrumptious Muffins	Vegan Cheese Twist	Cinnamon Roll

Menu - Week Three

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	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snacks	Breadsticks	Salted Popcorn Cones	Soup Shot - Seasonal Vegetable Soup, Toasted Flatbread	Chia Seed Pots	Toasted Crumpets with Butter
Allergen option	GF Breadsticks	Salted Popcorn Cones	Vegetarian Sausage Petit Pan	Alpro Soya Yoghurt with Granola	Toasted Crumpets with Butter
Main Meal	<u>'Make It Mine' Monday</u> Penne Pasta or Spaghetti with your choice of:	Beef and Root Vegetable Scotch Pie <u>Burns Night</u> Haggis Tasting Table	 Roast Turkey, Pigs in Blankets, Yorkshire Puddings, Cranberry Sauce	Theme Day - VEGANUARY Plant Powered Menu to be confirmed	Giant Fish Finger Torpedo Sandwich, Shredded Iceberg, Tartare Sauce/Mayonnaise
Meat Free	Beef Ragu Basil Pesto Rainbow Vegetable Tomato Sauce	Balti Chickpea and Spinach Pie	3 Cheese Macaroni Cheese		Chargrilled Halloumi Torpedo Sandwich, Sun Dried Tomato Chutney, Shredded Slaw, Yoghurt Dressing
On The Side	Garlic Ciabatta Broccoli Creamed Brussel Sprouts	Champ Mashed Potato, Creamy Savoy Cabbage Green Beans	Skin on Roast Potatoes Steamed Carrots Creamed Savoy Cabbage	'ONE CHANGE'	Skinny Fries Baked Beans Peas
Dessert	Fresh Cut Fruit and Yoghurts	Cranachan - Whipped Cream, Raspberries and Toasted Oats	Pear and Berry Crumble, Pouring Cream		Crispy Marshmallow Squares
Afternoon Break	Chocolate Twist	Muller Yogurt Pots	'Trude' Scrumptious Muffins	Fruit and Seed Flapjack	Original or Sour Cream Pretzel Packs
Allergen Options	Chocolate Muffin	Coconut/Alpro Yogurt Pot	'Trude' Scrumptious Muffins	Fruit and Seed Flapjack	Salted 'Propercorn' Popcorn