

# 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	Pain aux Raisin	Cheese & Crackers	Seeded Granola Bar	Toasted Teacake	Fruit & Oat Smoothie
Allergen Option	Pain aux Raisin	Cheese & Crackers	Seeded Granola Bar	Toasted Teacake	Fruit & Oat Smoothie
Fresh fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Soup	Freshly Made Soup & Home Baked Bread				
Main Meal	<u>Pasta Bar</u> Whole wheat Pasta Roasted Tomato & Basil Sauce Cheese & mushroom Sauce Creamy Pesto Grated Cheese, Roasted Peppers, Crispy Onions	Chicken Tikka Masala	Pork Schnitzel with a Jaeger Sauce	Lamb Kofta	MSC Sustainable Breaded or Battered Fish of the Day with Lemon Wedges & Tartare Sauce
Meat Free		Mushroom & Spinach Stroganoff	Whipped Feta & Sun Blushed Tomato Tart	Chickpea & Spinach Falafel	Roasted Vegetable Frittata
Salad Bar & Jacket Potato	Jacket Potato Salad Bar	Jacket Potato Salad Bar	Jacket Potato Salad Bar	Jacket Potato Salad Bar	Jacket Potato Salad Bar
On The Side	Garlic Bread, Broccoli, Sweetcorn	Wholegrain Rice, Naan Bread, Poppadum, Char grilled Cauliflower, Nigella Carrots, Mango Chutney	Roast Potatoes, Sweetcorn, Green Beans & Gravy	Pitta Bread, Cous Cous, Roasted Vegetables & Tzatziki	Chunky Fries, Peas, Baked Beans
Dessert	Cut Fruit Whole Fruit Greek Yoghurt & Toppings	Blackberry Brownie	Jelly	Jam & Coconut Sponge & Custard	Toffee Apple Crumble & Cream
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	Afternoon Snack				
Allergen Options	Allergen Option				

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Meat Free Monday

Tuesday

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Thursday

Friday

Morning Snack	Croissant	Cheese & Pesto Pin wheel	Brioche Roll	Pain au Chocolate	Fruit Granola Bar
Allergen Option	Croissant	Cheese & Pesto Pin wheel	Brioche Roll	Pain au Chocolate	Fruit Granola Bar
Fresh fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Soup	Freshly Made Soup & Home Baked Bread				
Main Meal	<u>Make it mine</u> Quorn & Bean Chilli	Teriyaki Pork	Roast Lemon & Thyme Chicken	Sausage & Bean Cassoulet	MSC Sustainable Breaded or Battered Fish of the Day with Lemon Wedges & Tartare Sauce
Meat Free		Sweet & Sour Tofu	Summer Vegetable & Feta Crumble	Tomato, Basil & Mozzarella Bake	Chickpea, Spinach & Lentil Curry with Wholegrain Rice
Jacket Potato & Salad Bar	Jacket Potato Salad Bar	Jacket Potato Salad Bar	Jacket Potato Salad Bar	Jacket Potato Salad Bar	Jacket Potato Salad Bar
On The Side	Wraps, Wholegrain Rice, Mexican Rice, Tortilla Chips, Guacamole, Salsa, Sour Cream, Cheese	Noodles, Stir Fried Vegetables, Prawn Crackers	Garlic Roast New Potatoes, Green Beans, Carrots & Gravy	Mashed Potato, Broccoli & Spring Greens	Chips, Mushy Peas, Curry Sauce, Baked Beans, Pickled Onions
Dessert	Summer Manor Mess	Marble Cake	Rice Krispy Cake	Strawberry & Lemon Blondie	Ice Cream Day
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	Cut Fruit Whole Fruit Greek Yoghurt & Toppings
Afternoon Break	Afternoon Snack				
Allergen Option	Allergen Option				

# Menu – Week Three

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	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Morning snacks	Cheese & Crackers	Toasted Brioche & Jam	Fruit Granola Bar	THEME DAY	Pain au Chocolate
Allergen option	Cheese & Crackers	Toasted Brioche & Jam	Fruit Granola Bar	THEME DAY	Pain au Chocolate
Fresh fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Soup	Freshly Made Soup & Home Baked Bread				
Main Meal	Margherita Pizza with Rustic Tomato Sauce	Meatballs in Rustic Tomato Sauce	BBQ Chicken Thigh	THEME DAY	Beef Burger in Brioche Roll
Meat Free	Roasted Peppers, Olives, Pesto, Pineapple	Tomato, Courgette & Mozzarella Tart	Macaroni Cheese	THEME DAY	Char Grilled Vegetable Mozzarella Glass Bread Sandwich
Jacket Potato & Salad Bar	Jacket Potato Salad Bar	Jacket Potato Salad Bar	Jacket Potato Salad Bar	Jacket Potato Salad Bar	Jacket Potato Salad Bar
On The Side	Potato Wedges, Sweetcorn, Green Beans	Whole wheat Pasta or Spaghetti, Broccoli & Carrots	Wholegrain Rice, Cauliflower & Peas	THEME DAY	Chips Coleslaw Corn on Cob
Dessert	Summer Fool	Baked Vanilla Cheesecake & Berry Coulis	Fruit Salad	THEME DAY	Ice Cream 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	Cut Fruit Whole Fruit Greek Yoghurt & Toppings
Afternoon Break	Afternoon Snack				
Allergen Options	Allergen Option				