

# 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 & Onion roll	Apple & Cinnamon Cake	Croissant	Tropical Granola Bar	Cheese & Biscuits
Allergen Option	Cheese twist	Apple & Cinnamon Cake	Croissant	Tropical Granola Bar	Cheese & Biscuits
Fresh fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Soup	Freshly Made Soup & Home Baked Bread				
Main Meal	Vegetarian Lasagne	Thai Green Chicken Curry	Roast Gammon	Pork Stroganoff	Fish Bar
Meat Free		Thai Red Vegetable Curry	Warm Beetroot & Feta Quiche	Mushroom, Spinach & Tomato Crumble	Chickpea & Sweet Potato Falafel
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	Sweetcorn & Broccoli	Noodles, Cauliflower & Chinese Leaf	Roasted New Potatoes, Carrots & Savoy Cabbage, Gravy	Wholegrain Rice, Corn on the Cob, Roasted Parsnips	Chips, Peas & Baked Beans, Curry Sauce
Dessert	Lemon Meringue Cake	Rice Pudding	Chocolate & Orange Brownie	Jam Sponge & Custard	Greek Yoghurt Station
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	Snack				
Allergen Options	Allergen Option				

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	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Crumpets	Toasted English Muffin	Toasted Bagel	Seeded Granola Bar	Banana & Oat Tray bake
Allergen Option	Crumpets	Toasted English Muffin	Toasted Bagel	Seeded Granola Bar	Banana & Oat Tray bake
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>  Fusilli or Spaghetti with a choice of sauces  Smoked Salmon & Pesto Sauce Roasted Tomato, Basil & Garlic Three Cheese Sauce	<u>Taco Tuesday</u>  Soft Taco or Crispy Taco Cajun Spiced Chicken  Vegetable Chilli	Simply Sausages	Beef & Black Bean Stir Fry	Hen Den Chicken
Meat Free			Glamorgan Style Vegetarian Sausages	Sweet & Sour Vegetable Stir Fry	Vegetable & Bean Quesadilla
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, Peas & Broccoli	Mexican Rice, Sweetcorn, Pickled Red Cabbage, Sour Cream, Guacamole, Salsa	Mashed Potato, Cauliflower & Thyme Roasted Parsnips	Noodles, Roasted Broccoli, Carrots	Potato Wedges, Corn on the Cob, Texas Beans & Rainbow Slaw
Dessert	Apple & Winter Berry Crumble & Custard	Caramel Biscuit Cheesecake	Jelly & Cream	Chocolate & Pear Cake & Chocolate Sauce	Greek 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	Afternoon Snack				
Allergen Option	Allergen Option				

# 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	Cheese & Crackers	Pain au Chocolate	Banana & Oat Tray Bake	Marmite Pinwheel	Teacake
Allergen option	Cheese & Crackers	Pain au Chocolate	Banana & Oat Tray Bake	Marmite Pinwheel	Teacake
Fresh fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Soup	Freshly Made Soup & Home Baked Bread				
Main Meal	<u>Jacket Potato Bar</u> With a choice of toppings  Tuna Mayo, Cheese Coleslaw, Vegetable Chilli	Lamb Rogan Josh	Lemon & Thyme Roast Chicken	THEME DAY	<u>Margherita Pizza with a choice of toppings</u>  Pepperoni, Pineapple, Ham Mushrooms, Olives, Onions
Meat Free		Vegetable Masala	Tomato & Mascarpone Gnocchi Bake	THEME DAY	
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	Beans & Sweetcorn	Wholegrain Rice, Roasted Cauliflower & Nigella Carrots	Roasted Potatoes, Broccoli, Cabbage, Gravy	THEME DAY	Corn on the Cob, Baked Beans
Dessert	Carrot Cake	Sticky Toffee Pudding & Custard	Banoffee Pie	THEME DAY	Greek Yoghurt, fresh fruit salad & 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	Afternoon Snack				
Allergen Options	Allergen Option				