

# 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
<b>Morning Snack</b>	Pan aux raisin	Flapjack	Cheese & Crackers	Fruit Tea Cakes	Sausage roll
<b>Allergen Option</b>	Cinnamon popcorn	Flapjack	Cheese & Crackers	Fruit Tea Cakes	Cheese & Onion Roll
<b>Fresh fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Soup</b>	Freshly Made Soup & Home Baked Bread				
<b>Main Meal</b>	<b><u>Pasta Bar</u></b> Tuna & Sweetcorn Sauce Broccoli & Cheese Sauce Chunky Tomato & Basil Sauce	Chicken Korma	Roast Gammon	Chicken Fajitas	Fish Bar
<b>Meat Free</b>		Chickpea & Spinach Balti	Warm Sundried Tomato, Boccioni & Basil Quiche	Halloumi & Roasted Vegetable Fajitas	Sweet Potato Falafel Burger
<b>Salad Bar &amp; Jacket Potato</b>	Salad Bar & Jacket Potato	Salad Bar & Jacket Potato	Salad Bar & Jacket Potato	Salad Bar & Jacket Potato	Salad Bar & Jacket Potato
<b>On The Side</b>	Spaghetti or Whole meal Penne Broccoli, Sweetcorn	Wholegrain Rice, Cauliflower & Green Beans	Mashed Potato, Cabbage, Carrots & Gravy	Corn on the cob, Coleslaw, Shredded Lettuce, Warm Rainbow Potato Salad	Chips, Baked Beans & Mushy Peas
<b>Dessert</b>	Carrot Cake	Manor Mess	Raspberry & Lemon Cake	Doughnuts	Greek Yoghurt Station
<b>Fruit &amp; Yoghurt</b>	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	
<b>Afternoon Break</b>	Shortbread	Pizza	Fruit Scones	Snack Pack	Cookie
<b>Allergen Options</b>	Shortbread	Pizza	Fruit Scones	Snack Pack	Cookie

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Meat Free Monday

Tuesday

Wednesday

Thursday

Friday

Morning Snack	Crumpet	Croissant	Cheese & Crackers	Pinwheel	Granola Bar
Allergen Option	Crumpet	Croissant	Cheese & Crackers	Pinwheel	Granola Bar
Fresh fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Soup	Freshly Made Soup & Home Baked Bread				
Main Meal	Tomato & Mascarpone Gnocchi Bake	Sweet & Sour Chicken Balls	Lamb Kofta	Beef & Lentil Lasagne	Posh Dogs
Meat Free		Tofu, Pak Choi, Mushroom Terriyaki	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
Dessert	Greek Yoghurt & Toppings	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	Cinnamon Bun	Shortbread	Filled Roll	Snack Pack	Cookie
Allergen Option	Cinnamon Bun	Shortbread	Filled Roll	Snack Pack	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
<b>Morning snacks</b>	Pan au Chocolate	Bagel	Pinwheel	Granola Bar	English Breakfast Muffin
<b>Allergen option</b>	Pan au Chocolate	Bagel	Pinwheel	Granola	English Breakfast Muffin
<b>Fresh fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Soup</b>	Freshly Made Soup & Home Baked Bread				
<b>Main Meal</b>	Margherita Pizza  Olives, Pineapple, Roasted Peppers, Mushrooms, Pesto	Mexican Beef Chilli	Soy & Honey Chicken	THEME DAY	Turkey Snitzel
<b>Meat Free</b>		Vegetable Chilli	Spring Onion, Feta & Potato Frittata	THEME DAY	Spinach & Ricotta Tortellini
<b>Jacket Potato &amp; Salad Bar</b>	Salad Bar	Salad Bar & Jacket Potato	Salad Bar & Jacket Potato	Salad Bar & Jacket Potato	Salad Bar & Jacket Potato
<b>On The Side</b>	Sweetcorn, Broccoli	Wholegrain Rice, Tortilla Chips, Pitta Bread, Spicy Beans	Noodles, Carrots, Cabbage	THEME DAY	New Potatoes, Green Beans, Peas
<b>Dessert</b>	Manor Mess	Waffle & Ice Cream	Cranberry & Orange Brownie	THEME DAY	Greek Yoghurt, fresh fruit salad & Toppings
<b>Fruit &amp; Yoghurt</b>	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	
<b>Afternoon Break</b>	Flapjack	Traybake	Filled Roll	Snack Pack Cookie	Cookie
<b>Allergen Options</b>	Flapjack	Traybake	Filled roll	Snack Pack	Cookie