

BREAKFAST

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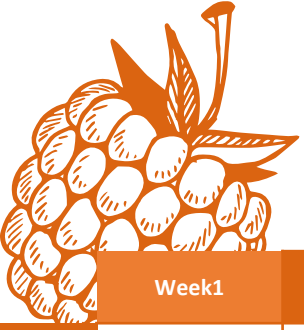


All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	<p>Fresh Apple & orange Juice Tea & coffee Oat & Soya milk</p>				
DAILY BREAKFAST ITEMS	<p>Selection of breakfast cereals</p> <p>Yoghurt with fresh fruit, puree & toppings</p> <p>Toasting station – with deli bread, spreads & preserves</p> <p>Bacon Omelette of the day</p>	<p>Selection of breakfast cereals</p> <p>Yoghurt with fresh fruit, puree & toppings</p> <p>Toasting station – with deli bread, spreads & preserves</p> <p>Scrambled egg & smoked salmon</p>	<p>Selection of breakfast cereals</p> <p>Yoghurt with fresh fruit, puree & toppings</p> <p>Toasting station – with deli bread, spreads & preserves</p> <p>Pastries of the day with toppings</p>	<p>Selection of breakfast cereals</p> <p>Yoghurt with fresh fruit, puree & toppings</p> <p>Toasting station – with deli bread, spreads & preserves</p> <p>Sausage Poached eggs</p>	<p>Selection of breakfast cereals</p> <p>Yoghurt with fresh fruit, puree & toppings</p> <p>Toasting station – with deli bread, spreads & preserves</p> <p>Waffles or pancakes with a choice of toppings</p>





SUPPER

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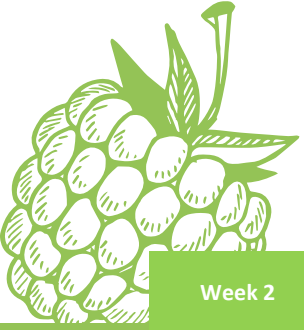
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Sept 2, Sept 23, Oct 14, Nov 11, Dec 2

Week1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Stir fried chicken or tofu with bean sprouts	Swedish meatballs Or Vegan vegetable balls	Spinach & tofu or Hot & sour Chicken soup	"Top it off" Pizza With a choice of toppings	Beef or vegetable burgers in a flowered bun	Katsu chicken or Quorn curry	Squash, Cauliflower Crumble
MAIN COURSE TWO							Roast Pork loin
ON THE SIDE	Chinese fried rice Prawn crackers Sweet & sour cucumber	Creamed mash Seasonal vegetables	With a choice of noodles Freshly cooked bread	Seasoned jacket wedges Rainbow coleslaw Corn on the cobb Seasonal salads	Skin on chips Selection of salad toppings choice of sauces	Sticky rice Oriental salad	Yorkshire puddings Noodles or rice Buttered savoy cabbage Baked carrots, apples & herbs

SELECTION OF DAILY CHANGING SALADS & SEASONAL VEGETABLES, CUT FRUITS OR HOT & COLD DESSERTS





SUPPER

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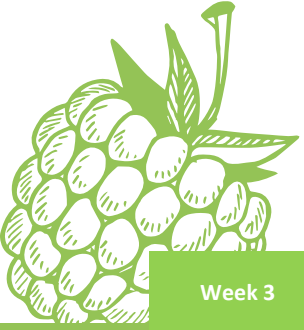
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Sept 9, Oct 1, Oct 21, Nov 18, Dec 9

Week 2	MONDAY	TUESDAY	WEDNESDY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Spaghetti bolognaise	Chicken & prawn risotto	Classic carbonara With bacon & chestnut mushrooms	Wrap it up! Tortilla wrap with a choice of fillings	Stir fry pork with ginger & honey	Chicken or vegetable chow main with egg noodles	Roast Chicken with Yorkshire puddings
MAIN COURSE TWO	Quorn bolognaise	Asparagus risotto			Home cooked garlic bread		Spicy mushroom & broccoli stir fry
ON THE SIDE	Home made bread Seasonal salads	Italian salad Sautéed courgette	Caesar salad	Guacamole Skin on chips Sour cream	Egg fried rice Prawn crackers Asian greens	Kimchi salad Cucumber salad	Noodles or rice Buttered savoy cabbage Roasted root vegetables

SELECTION OF DAILY CHANGING SALADS & SEASONAL VEGETABLES, CUT FRUITS OR HOT & COLD DESSERTS





SUPPER

 All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

Sept 16, Oct 7, Nov 4, Nov 25

Week 3	MONDAY	TUESDAY	WEDNESDY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Butchers sausages Crispy bacon		Hand battered pollock Or Chickpea falafel	Chinese glazed pork ribs	Chicken nuggets	Peri peri chicken thighs & wings	Roast beef topside Yorkshire puddings
MAIN COURSE TWO	Vegan sausages	Shredded Duck leg Or tofu with pineapple		Potato gnocchi with basil pesto	Or Jacket potato filled with roasted vegetables	Grilled mushroom & halloumi	Cauliflower gratin
ON THE SIDE	Hash brown Beans Tomato eggs	Egg fried rice with chill Mixed pickled vegetables Oriental salad	Hand cut chips Tartar sauce Lemon wedge Peas	Sticky rice Corn on the cob Coleslaw	Skin on chips Seasonal salad bar	Peri salted chips Rainbow slaw Chopped salad Rolled corn cobs With smoky onion crust	Parmesan & garlic roast potatoes Kale & peas Swede & carrot puree

SELECTION OF DAILY CHANGING SALADS & SEASONAL VEGETABLES, CUT FRUITS OR HOT & COLD DESSERTS