





| Week One | MONDAY | TUESDAY | WENESDAY | THURSDAY | FRIDAY |
|------------------------|--|---|--|--|---|
| SOUP | Soup of the day & home baked bread | | | | |
| MAIN COURSE ONE |  Carbonara Pasta with or without bacon in a cream sauce finished with a parsley and parmesan crumb | Chicken masala Chicken in a rich thick mild curry sauce served with pilau rice and a garlic naan |  Lasagna Beef mince in a rich tomato sauce layered between pasta sheets finished with a bechamel sauce and topped with grated mozzarella | Miso Ramen with shredded meat or Shredded Egg, Asian Vegetables and rice noodles | Chicken nuggets |
| MAIN COURSE TWO | Stuffed peppers filed with mixed beans & tomato sauce | Sweet potato & spinach hash | Vegetable lasagna | | Skinny Goat Cheese, sweet pepper & basil pizza |
| ON THE SIDE | Italian Herb Bread Trio of steamed vegetables | Poppadoms Sag aloo | Garlic slice Steamed broccoli and carrot | Prawn crackers & spring rolls | Skin on fries Classic coleslaw Corn & pea mix |
| JACKETS | Jacket potato bar with a changing selection of toppings, beans, cheese or tuna mayo | | | | |
| PASTA | Pasta of the day with either smoked salmon cream, pesto, cheese, or arrabbiata sauces changing daily | | | | |
| DESSERTS | Rice Krispy cake | Dorset apple cake with cinnamon cream | Carrot & parsnip cake | Selection of dessert pots | Apricot oatty crumble |
| YOGHURT | Passionfruit | Berry compote | Mango & coconut | Honey & granola | Apple & blackberry |
| CUT FRUIT | Honeydew & pomegranate | Orange wedges | Pineapple pieces | Gala & blueberries | Seasonal platter |



SALAD BAR

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



| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|--|--|--|---|
| SIMPLE SALADS | Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges | Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves | Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges | Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves | Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges |
| COMPOSITE SALADS | Pesto pasta New potato salad with chives | Beef tomato & basil pasta Classic coleslaw | Shaved pear, broccoli & blue cheese "Odds & ends" herby penne pasta | Roast pepper, courgette & tomato pasta Classic coleslaw | Baked squash & lemon courgette with cumin seed dressing Broccoli stem & cauliflower coleslaw |
| PROTEINS | Selection of Ham, cheese, tuna or chicken pots | | | | |
| DRESSINGS | Olive oil & balsamic Classic Caesar Honey & mustard | Olive oil & balsamic Classic Caesar Honey & mustard | Olive oil & balsamic Classic Caesar Honey & mustard | Olive oil & balsamic Classic Caesar Honey & mustard | Olive oil & balsamic Classic Caesar Honey & mustard |
| TOPPINGS | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes |

LUNCH

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



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

| WEEK TWO | MONDAY | TUESDAY | WENESDAY | THURSDAY | FRIDAY |
|-----------------|--|---|---|---|---|
| SOUP | Soup of the day & home baked bread | | | | |
| MAIN COURSE ONE | Spaghetti bolognaise |  Grilled chicken thigh Shredded jack fruit bon bons Add your spice: Eastern spice mix Aromatic bang Vietnamese slaw with lime & chilli Bangkok noodles with Thai spice, soy & ginger | Roast beef brisket with horseradish & apple gravy | Korean pulled pork Green bean & coconut curry Wrap it: Tortilla wrap Coconut & lime rice Kimchi guacamole Korean gochujang house slaw Wedges with chilli & lime salt | Breaded MSC pollack with lemon wedges & tomato relish |
| MAIN COURSE TWO |  Potato gnocchi with basil pesto | | Broccoli & haricot bean frittata with goat's cheese cream | | Breaded halloumi with tomato & pineapple salsa |
| ON THE SIDE | Garlic bread Seasonal vegetables | | Sauté new potatoes, steamed green beans, & roast carrots | | French fries, BBQ baked beans, steamed petit pois |
| JACKETS | Jacket potato bar with a changing selection of toppings, beans, cheese or tuna mayo | | | | |
| PASTA | Pasta of the day with either smoked salmon cream, pesto, cheese, or arrabbiata sauces changing daily | | | | |
| DESSERTS | Sticky toffee pudding with toffee sauce | Dark chocolate & melted milk cake | Iced sponge | Apple & forest fruit Crumble | Raspberry & white chocolate traybake |
| YOGHURT | Passionfruit | Berry compote | Mango & coconut | Honey & granola | Apple & blackberry |
| CUT FRUIT | Honeydew & pomegranate | Orange wedges | Pineapple pieces | Gala & blueberries | Seasonal platter |



SALAD BAR


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



| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|--|--|--|--|
| SIMPLE SALADS | Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges | Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves | Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges | Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves | Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges |
| COMPOSITE SALADS | Caesar salad with parmesan & croutons Pea, lemon & spinach pasta | Roast tomato & broccoli pasta Classic Greek salad | Skin-on" baked butternut squash & sage pasta Rocket, cheery tomato & parmesan | Celery and apple salad Roasted pepper, chickpea & courgette pasta | Roasted pepper & courgette Pesto pasta |
| PROTEINS | Selection of Ham, cheese, tuna or chicken pots | | | | |
| DRESSINGS | Olive oil & balsamic Sweet chilli Thousand island | Olive oil & balsamic Sweet chilli Thousand island | Olive oil & balsamic Sweet chilli Thousand island | Olive oil & balsamic Sweet chilli Thousand island | Olive oil & balsamic Sweet chilli Thousand island |
| TOPPINGS | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes |

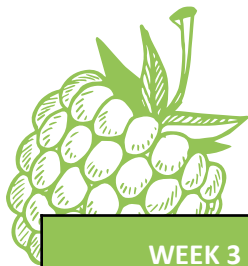


LUNCH

Sept 16, Oct 7, Nov 4, Nov 25

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

| WEEK THREE | MONDAY | TUESDAY | WENESDAY | THURSDAY | FRIDAY |
|------------------------|--|---|---|--|--|
| SOUP | Soup of the day & home baked bread | | | | |
| MAIN COURSE ONE | Taco bar Chilli beef or Five bean, sweetcorn & tomato  | Chicken katsu curry |  All in a brioche bun: Bulgogi BBQ beef BBQ sweet potato & chick pea Sauces: Yuzu mayo, Korean BBQ sauce Bang bang cucumbers with sesame & chilli Salt & pepper baked potato wedges | The Shawarma Grill Chicken Or Chickpea ribbons | Top your own cheese & tomato pizza with Pepperoni Black olives Bacon crumb BBQ chicken Tuna flakes Sweetcorn Caramelised red onion Skin on fries Classic coleslaw Corn on the cob |
| MAIN COURSE TWO | | Tofu Katsu Curry | | | |
| ON THE SIDE | Fluffy rice Salads & slaws Guacamole Sour cream Feta & cheddar cheeses Tortilla chips | Egg noodles Steamed Greens and shredded Carrots | | | |
| JACKETS | Jacket potato bar with a changing selection of toppings, beans, cheese or tuna mayo | | | | |
| PASTA | Pasta of the day with either smoked salmon cream, pesto, cheese, or arrabbiata sauces changing daily | | | | |
| DESSERTS | Pancakes with chocolate & maple sauces | Apple, sultana & cinnamon strudel with vanilla cream | Mango & lime rice pudding | Milk & white chocolate giant cookie | Fresh fruit & yoghurt selection |
| YOGHURT | Passionfruit | Berry compote | Mango & coconut | Honey & granola | |
| CUT FRUIT | Honeydew & pomegranate | Orange wedges | Pineapple pieces | Gala & blueberries | |



SALAD BAR

Sept 16, Oct 7, Nov 4, Nov 25

| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|---|--|---|---|
| SIMPLE SALADS | Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges | Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves | Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges | Cherry tomatoes Sweetcorn Sliced cucumber Garden leaves | Cucumber chunks Grated carrot Iceberg lettuce Tomato wedges |
| COMPOSITE SALADS | Balsamic roast beetroots & carrots with dill Smoked bacon & pea pasta | Tomato, green pepper & basil pasta Curried potato salad with spinach & raisins | New potatoes, peas & courgettes with lemon & sage Broccoli stem & cauliflower core slaw | Rainbow slaw with sweet chilli, lime & coriander Sticky roast carrot with red onions & spinach | Charred broccoli & roast carrot with lemon, Ginger & pumpkin seeds Sweet chilli & coriander slaw |
| PROTEINS | Selection of Ham, cheese, tuna or chicken pots | | | | |
| DRESSINGS | Olive oil & balsamic Sriracha mayo French dressing | Olive oil & balsamic Sriracha mayo French dressing | Olive oil & balsamic Sriracha mayo French dressing | Olive oil & balsamic Sriracha mayo French dressing | Olive oil & balsamic Sriracha mayo French dressing |
| TOPPINGS | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes | Baked croutons Toasted seeds Chilli flakes |