

Autumn Menu 2020 – Week One




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
Soup	Creamy cauliflower	Broccoli & blue cheese	Minestrone	Broccoli & blue cheese	Pea & mint
Main course one	Make your own Pasta Fresh Basil & Tomato Sauce	British chicken & broccoli pie	“Make it mine Wednesday” Beef burger in a soft bun	Hertfordshire roast turkey with thyme stuffing	“Sustainable Friday” Breaded salmon & sweetcorn crispy fishcake
Meat course two	Spaghetti pasta with bolognese sauce topped with cheese	Vegetable pie	Cheddar & bacon bits Lettuce, tomato & cucumbers	Sweet potato cakes with tomatoes & red peppers	Chickpea & herb fritters Both with lemon & lime yoghurt or ketchup
On the side	Garlic ciabatta and Corn on The Cob	Cauliflower & mange tout	Skin on wedges, baked beans & broccoli	Honey roasted parsnips and carrots	Chunky chips, crushed peas & green beans
Dessert	Raspberry ripple & coconut rice pudding	Fresh cut fruit & yoghurt	Blueberry crumb bars	Fresh cut fruit & yoghurt	Allergy friendly dark chocolate brownie
Every day	Fresh cut fruit & soya yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt

Autumn Menu 2020 – Week Two




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	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Parsnip & leek	Mushroom & tarragon	Fried onion	Roast red pepper & tomato	Creamy cauliflower
Main course one	Cauliflower & cheese Bake Macaroni and broccoli bake	Handmade chicken goujons served with potato & sweet potato wedges	“Make it mine Wednesday” Frankfurter hotdog	Roast gammon with apple sauce	“Sustainable Friday” Chef Special fish pie
Meat course two		Vegetarian Bean casserole	Super vegetarian hotdog Sticky red onion fried onion ketchup & mayonnaise	Roast vegetables swirl in a handmade puff pastry	Jumbo Fishfingers with lemon & herb mayonnaise Autumn & vegetable pie
On the side	Courgettes & Green Beans	Coleslaw Salad	Green vegetables	Roast potatoes, Yorkshire pudding & stuffing and roasted vegetables	Skinny fries & baked beans
Dessert	Plant based apple crumble & oat custard	Fresh cut fruit & yoghurt	Pineapple upside down cake	Fresh cut fruit & yoghurt	Lemon tartlets
Every day	Fresh cut fruit & soya yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt

Autumn Menu 2020 – Week Three



 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
Soup	Tomato & oregano	Sweet potato	Spiced butternut squash	Sweetcorn & spinach	Carrot & coriander
Main course one	Vegetarian lasagne Potato & onion frittata	Texas cowboy chilli con carne	“Make it mine Wednesday” Pizza	Roast chicken served with Yorkshire pudding	“Sustainable Friday” Battered white fish with tartare sauce & tomato ketchup
Meat course two		Sweet potato & squash chilli	Grilled Chicken, Pepperoni, Sweetcorn, Black Olives & Peppers	Roast vegetable Raju	Vegetarian proth
On the side	Corn in the cob & garlic bread	Paprica rice & kale	Potato wedges	Savoy cabbage and green beans	Chunky chips, mushy peas & baked beans
Dessert	Reduced dairy banoffee pie	Fresh cut fruit & yoghurt	Simple lemon cake	Fresh cut fruit & yoghurt	Sticky toffee pudding
Every day	Fresh cut fruit & soya yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt