

# Menu - Week One

Week Commencing  
3.01.22/14.01.22/07.03.22/28.03.21



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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Potato & leek	Simply broccoli	Tomato & chive	Simply carrot	Simple butternut squash
<b>Gluten Free</b>	<p><b>“Meat free Monday”</b></p> <p>Macaroni Cheese with a Basil topping Or Vegetable Burritos served with Rice</p>	Gluten Free Sausages with tomato chutney & gravy	Sir fry vegetables & gluten free noodles with chicken or <b>tofu</b> , then YOUR choice of sauce ...Sticky sweet chilli Lemon & orange Teriyaki	Roast Chicken served with a gluten free sage and onion stuffing	<p>“Sustainable Friday”</p> <p>Gluten Free Breaded white fish finger with tartare &amp; lemon wedges</p> <p>Mushroom risotto with parmesan and pesto</p>
<b>Halal</b>	<p><b>“Meat free Monday”</b></p> <p>Macaroni Cheese with a Basil topping Or Vegetable Burritos served with Rice</p>	Halal Sausages with tomato chutney & gravy	Sir fry vegetables & free noodles with halal chicken or <b>tofu</b> , then YOUR choice of sauce ...Sticky sweet chilli Lemon & orange Teriyaki	Roast halal Chicken served with a gluten free sage and onion stuffing	<p>“Sustainable Friday” Breaded white fish finger with tartare &amp; lemon wedges</p> <p>Mushroom risotto with parmesan and pesto</p>
<b>Main Meal</b>	<p><b>“Meat free Monday”</b></p> <p>Macaroni Cheese with a Basil topping</p> <p>Or</p> <p>Vegetable Burritos served with Rice</p>	Sausages with tomato chutney & gravy	<p>“Make it mine Wednesday”</p> <p>Sir fry vegetables &amp; noodles with chicken or <b>tofu</b>, then YOUR choice of sauce ...</p> <p>Sticky sweet chilli</p> <p>Lemon &amp; orange</p> <p>Teriyaki</p>	Roast Chicken served with a sage and onion stuffing	<p>“Sustainable Friday”</p> <p>Breaded white fish finger with tartare &amp; lemon wedges</p> <p>Mushroom risotto with parmesan and pesto</p>
<b>Meat Free</b>		Quorn Sausages with a tomato chutney & Gravy		Pea & feta fritters with herby yoghurt	
<b>On The Side</b>	Steamed rice, Broccoli & French Beans	Mashed potatoes, spring cabbage & carrots	Prawn crackers & Chinese greens	Baby potatoes, Yorkshires, broccoli & root vegetables	Potato wedges, minty peas & coleslaw
<b>Dessert</b>	Dietary alternative - Blueberry & oat muffins		Vegbakes – Beetroot chocolate cake		VEGAN - Lemon & polenta cake
<b>Every Day</b>	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt

# Menu - Week Two

Week commencing  
10.01.22/31.01.22/14.02.22/07.03.22/28.03.22

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

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Sweetcorn chowder	Simple tomato	Potato & watercress	Simple broccoli	Root vegetable & herb
<b>Gluten Free</b>	<p>“Meat free Monday”</p> <p>Quorn mince lasagne with cheddar &amp; mozzarella Gluten Free Garlic Bread</p> <p>Chickpea and Herb Fritters</p>	<p>Home made gluten free Breaded Chicken Goujons (Prep) Gluten free Chicken Katsu Curry (Senior)</p>	<p>“Make it mine Wednesday” Gluten Free Fusilli or Penne Pasta YOUR choice of... Bolognese Carbonara Chunky roast vegetables &amp; plum tomato</p>	<p>Shepherd’s pie vegetables &amp; split peas</p>	<p>“Sustainable Friday”</p> <p>Gluten Free Battered white fish with herby yoghurt &amp; lemon wedges</p>
<b>Halal</b>	<p>“Meat free Monday”</p> <p>Quorn mince lasagne with cheddar &amp; mozzarella</p> <p>Chickpea and Herb Fritters</p>	<p>Home made Breaded Halal Chicken Goujons (Prep) Halal Chicken Katsu Curry (Senior)</p>	<p>“Make it mine Wednesday” Gluten Free Fusilli or Penne Pasta YOUR choice of... Bolognese Carbonara Chunky roast vegetables &amp; plum tomato</p>	<p>Halal Shepherd’s pie vegetables &amp; split peas</p>	<p>“Sustainable Friday”</p> <p>Battered white fish with herby yoghurt &amp; lemon wedges</p> <p>Gnocchi with tomato, red peppers &amp; red lentil sauce</p>
<b>Main Meal</b>	<p>“Meat free Monday”</p> <p>Quorn mince lasagne with cheddar &amp; mozzarella</p> <p>Chickpea and Herb Fritters</p>	<p>Home made Breaded Chicken Goujons (Prep) Chicken Katsu Curry (Senior)</p>	<p>“Make it mine Wednesday” Fusilli or Penne Pasta YOUR choice of... Bolognese Carbonara Chunky roast vegetables &amp; plum tomato</p>	<p>Shepherd’s pie vegetables &amp; split peas</p>	<p>“Sustainable Friday”</p> <p>Battered white fish with herby yoghurt &amp; lemon wedges</p> <p>Gnocchi with tomato, red peppers &amp; red lentil sauce</p>
<b>Meat Free</b>		<p>Aubergine Katsu Curry</p>		<p>Vegetable quorn pie with a potato mash</p>	
<b>On The Side</b>	<p>Garlic Bread, baked beans &amp; steamed roots</p>	<p>Steamed Rice, French Beans</p>	<p>Broccoli &amp; Sweetcorn</p>	<p>Honey roast parsnips &amp; steamed corn</p>	<p>Chips, garden peas &amp; green beans</p>
<b>Dessert</b>	<p>Dietary alternative - Carrot cake with plant based frosting</p>	<p>Fresh cut fruit &amp; yoghurt</p>	<p>Vegbakes – Raisin, pumpkin &amp; Cranberry Oat Bars</p>	<p>Fresh cut fruit &amp; yoghurt</p>	<p>VEGAN - Chocolate cupcakes with chocolate frosting</p>
<b>Every Day</b>	<p>Fresh cut fruit &amp; yoghurt</p>		<p>Fresh cut fruit &amp; yoghurt</p>		<p>Fresh cut fruit &amp; yoghurt</p>

# Menu - Week Three

Week commencing 17.01.22/7.02.22/28.02.21  
21.03.22



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
<b>Soup</b>	Creamy vegetable	Simple parsnip	Tomato & basil	Simple mushroom	Carrot & coriander
<b>Gluten Free</b>	<p>“Meat free Monday” Chunky vegetable &amp; green lentil “bolognaise” with oregano Creamy cheddar, sweetcorn &amp; parsley 50/50 gluten free penne pasta &amp; homemade gluten free garlic loaf</p>	Slow roast beef gluten free Yorkshire pudding and gravy	<p>“Make it mine Wednesday” <b>The super dog!</b> Gluten Free Finger roll with pork or <b>Quorn sausage</b> topped with YOUR choice of:</p> <p>Sticky balsamic onions Pulled mild beef chilli BBQ baked beans</p>	Fruity turkey, lentil & korma curry with mini naan	<p>“Sustainable Friday” Fisherman's pie with peas and cheesy mash Stuffed roast pepper with bean &amp; vegetable chilli</p>
<b>Halal</b>	<p>“Meat free Monday” Chunky vegetable &amp; green lentil “bolognaise” with oregano Creamy cheddar, sweetcorn &amp; parsley 50/50 penne pasta &amp; homemade garlic loaf</p>	Slow roast halal beef Yorkshire pudding and gravy	<p>“Make it mine Wednesday” <b>The halal super dog!</b> Finger roll with pork or <b>Quorn sausage</b> topped with YOUR choice of: Sticky balsamic onions. Pulled mild beef chilli BBQ baked beans</p>	Fruity halal turkey, lentil & korma curry with mini naan	<p>“Sustainable Friday” Fisherman's pie with peas and cheesy mash Stuffed roast pepper with bean &amp; vegetable chilli</p>
<b>Main Meal</b>	<p>“Meat free Monday” Chunky vegetable &amp; green lentil “bolognaise” with oregano</p>	Slow roast beef Yorkshire pudding and gravy	<p>“Make it mine Wednesday” <b>The super dog!</b> Finger roll with pork or <b>Quorn sausage</b> topped with YOUR choice of:</p>	Fruity turkey, lentil & korma curry with mini naan	<p>“Sustainable Friday” Fisherman's pie with peas and cheesy mash</p>
<b>Meat Free</b>	<p>Creamy cheddar, sweetcorn &amp; parsley 50/50 penne pasta &amp; homemade garlic loaf</p>	Roast vegetable, fruit chutney & goats cheese turnover	<p>Sticky balsamic onions Pulled mild beef chilli BBQ baked beans</p>	Sweet potato & carrot humus wellington with cranberry sauce	Stuffed roast pepper with bean & vegetable chilli
<b>On The Side</b>	Steamed carrots & garden peas	Classic roasties, broccoli & mashed swede	Skin on wedges, simple salads or corn cobs	50/50 rice, steamed cauliflower, crispy cabbage	Root vegetables & crushed peas
<b>Dessert</b>	<b>Dietary Alternative – Apricot flapjack</b>	Fresh cut fruit & yoghurt	<b>Vegbakes - Pea, lemon &amp; vanilla cupcake</b>	Fresh cut fruit & yoghurt	<b>VEGAN – Chocolate mousse</b>
<b>Every Day</b>	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt