



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

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Chicken Fajitas	Margherita pizza	Lamb Tagine	Spaghetti Bolognese	Fish Fingers
Meat Free	Mixed Bean Wrap	Margherita Pizza	Chickpea & Bean Tagine	Quorn Bolognese	Cheesy Veggie Burger
On The Side	Carrot broccoli	Sweetcorn Green Beans	Cous Cous Moroccan Vegetables Cauliflower	Carrots Mixed Greens	Chips Peas Baked Beans
Dessert	Greek Yoghurt	Apple Oaty Crumble & Custard	Greek Yoghurt	Rice Pudding	Greek Yoghurt
Every Day	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites
Teatime	Smoked Salmon & Wholemeal Pasta	Ham or Cheese or Tuna Wrap	Chilli-Filled Jacket	Wholemeal Cheese On Toast	Seeded and Filled Bagels