



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	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Penne Pasta With Peppers & Smoky Sausage Ragu	Roast Pork	Chicken & Spinach Curry	Beef & Lentil Cottage Pie	Tuna Risotto
Meat Free	Quorn Sausage & Pepper Pasta Ragu	Cheese & Red Onion Tart	Chickpea, Sweet Potato & Spinach Curry	Cheesy Vegetable Cottage Pie	Mixed Bean Risotto
On The Side	Broccoli Battered Carrots	New Potato Steamed Root Vegetables Gravy	Rice Sweetcorn Curried Cauliflower	Peas Savoy Cabbage	Broccoli & Braised Cabbage
Dessert	Greek Yoghurt	Peach & Date Cake	Greek Yoghurt	Apple Sponge Cream	Greek Yoghurt
Every Day	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites
Teatime	Jacket Potato Tuna	Pizza	Quiche	Ham & Cheese Muffin	Sausage roll