



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	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Chicken Pesto Mac & Cheese	Beef & Lentil Chilli	Pork Schnitzel	Lasagne	Fish Pie
Meat Free	Mac & Cheese	Quorn & Lentil Chilli	Cheese & Onion Tart	Vegetable Lasagne	Lentil & Mushroom Pie
On The Side	Broccoli & Carrots	Rice Cauliflower & Corn	New Potatoes Parsnip & Green Beans	Oven Baked Wedges Peas & Carrots	Carrots & Green Beans
Dessert	Greek Yoghurt	Rhubarb Crumble Cream	Greek Yoghurt	Pineapple Upside Down Cake	Greek Yoghurt
Every Day	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites
Teatime	Houmous Pitta Bread	Filled Bagel	Spanish Omelette	Sausage Roll	Assorted Sandwiches