



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

WEEK 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Pear with Cheese Slices	Wholemeal Toast with Avocado	Breadsticks with Veg Sticks & Olives	Greek Yoghurt & Pear	Crackers with Cream Cheese & Veg Sticks
Main Meal	Baked Bucher's Sausage	Chicken Curry	Roast Pork Loin & Apple Sauce	Beef Lasagne	Breaded Chicken Strips
Meat Free	Glamorgan Sausages	Lentil & Spinach Curry	Red Onion and Goats Cheese Tart	Vegetable & Bean Lasagne	Veggie Fish Finger
On The Side	Creamy Mashed Potato Broccoli Battered Carrots	Rice Sweetcorn Green Beans	Herb New Potatoes Roasted Root Vegetables	Garlic Bread Green Beans Sweetcorn	Fries Peas Carrots
Dessert	Greek Yoghurt	Fruit Crumble & Custard	Greek Yoghurt	Raspberry White Chocolate Blondie	Greek Yoghurt
Every Day	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites
Teatime	Jacket Potato Tuna	Pasta in Tomato Sauce	Hummus & Pitta Bread	Ham & Cheese Muffin	Sausage Roll

