



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 Curry	Sausage	Chicken Pie	Beef Lasagne	Fish Fingers
Meat Free	Mixed Bean Curry	Glamorgan Sausage	Quorn & Butternut Squash Pie	Bean & Spinach Lasagne	Cheesy Vegi Burger
On The Side	Rice Cauliflower Broccoli	Mashed Potato, Sweetcorn Peas	New potatoes Carrots Parsnips	Garlic Bread Sweetcorn Green Beans	Fries Peas Baked Beans
Dessert	Greek Yoghurt	Lemon Drizzle cake	Greek Yoghurt	Upside Down Pineapple Cake & Custard	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, Cheese, tuna Wrap Sandwiches for Babys	Chilli Filled Jacket	Wholemeal Cheese On Toast	Seeded Filled Bagels