



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	Spaghetti Bolognaise	Pizza	Baked Chicken Thighs	Lamb Hot Pot	Fish pie
Meat Free	Quorn & Butternut Squash Bolognaise	Cheese & Red Onion Tart	Pulled Jackfruit	Sweet Potato and Bean Hot Pot	Quiche
On The Side	Broccoli Battered Carrots	Baked Potato Wedges Sweetcorn Peas	Rice Mixed Root Vegetables	New Potatoes Cauliflower Green Beans	Peas Carrots
Dessert	Greek Yoghurt	Peach Crumble & Custard	Greek Yoghurt	Fruit & Seeded Flapjack	Greek Yoghurt
Every Day	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites
Teatime	Jacket Potato Tuna	Quiche	Toasted Teacakes	Ham & Cheese Muffin	Sausage Roll