



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	3 Cheese Mac & Cheese	Roast Turkey	Pork Meatballs	Katsu Chicken	Baked Fish Finger
Meat Free	Mac & Cheese	Quiche	Glamorgan Meatballs	Quorn Katsu	Bean Burger (Not Spicy)
On The Side	Broccoli & Sweetcorn	New Potato Carrots Green Beans	Spaghetti Broccoli Cauliflower	Rice Asian Vegetables	Fries Peas & Carrots
Dessert	Greek Yoghurt	Mixed Berry Cheesecake	Greek Yoghurt	Fruit Crumble Custard	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	Quiche	Sausage Roll	Assorted Sandwiches