

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Tomato and Basil	Carrot and Coriander	Leek and Potato	Broccoli and Cheese	Chicken Noodle
	Soup of the Day with freshly made bread, croutons and a selection of toppings				
Main	Sweet and Sour chicken Sweet and Sour Vegetables	Selection of Sausages beef and tomato, pork and leek, chicken	Beef Chilli Tacos in a choice of hard or soft shells with rice	Slowly cooked BBQ pulled Pork served with a crispy topped Mac 'n' Cheese	Golden breaded Fish Fingers or Chicken Goujons served with a selection of sauces
	Vegetable Chow Mein with Bok Choi and Carrot	Glamorgan Sausages	5 Bean and Halloumi Tacos in a hard or soft taco shell with rice	Slowly cooked BBQ Pulled Jackfruit served with a crispy topped Mac 'n' Cheese	Spicy Bean Burger served with Avocado and Paprika Mayo in a Bun
On The Side	Stir-Fried Vegetables Prawn Crackers Spring Rolls with Sweet Chilli	Champ Mashed Potatoes with Spring Onion and Parsley, Roasted Squash Beets and Kale	Spicy Rice and Crispy Kale Nacho with Salsa and Sour Cream	Honey Roasted Potatoes and Parsnips Spiced Pickled Slaw	Garden Peas Baked Beans Skinny Fries
Jacket & Pasta Bar	Daily we provide a selection of the following to compliment our Jacket & Pasta Bar: Baked Beans, Cheddar Cheese, Roasted Tomato Sauce & Chefs Special				
Dessert	Triple Chocolate Brownie	Apple Crumble Cake with Custard	Fruity Flapjack	Chocolate and Beetroot Cake with Chocolate Sauce	Mocha Cake
Daily	Daily we offer a freshly prepared Salad Bar, Natural Yoghurts & Jelly				

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

