



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
Snack	Pear with Cheese Slices	Breadsticks with Olives and Veg	Pitta Bread with Avocado	Greek Yoghurt & Honey	Cream Cheese with Crackers and Veg Sticks
Main Meal	Sweet & Sour Chicken	Sausages	Chilli Beef	BBQ Pulled Pork on Mac n Cheese	Fish Fingers
Meat Free	Vegetable Chow Mein	Glamorgan Sausages	5 Bean & Halloumi Tacos	Slow Cooked Braised Jackfruit	Bean Burger (No Spicy)
On The Side	Noodles Cauliflower Broccoli	Mashed Potatoes Sweetcorn Peas	Rice Carrots Kale	Mashed Potatoes Sweetcorn Green Beans	Chunky Chips Peas Baked Beans
Dessert	Greek Yoghurt & Fruit Puree	Apple Crumble & Custards	Greek Yoghurt & Fruit Puree	Chocolate & Beetroot Cake	Greek Yoghurt & Fruit Puree
Every Day	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites
Teatime	Warm Ham & Cheese Muffin	Pasta in Tomato Sauce	Toasted Crumpet with Tuna	Half Jacket Potato with Beans & Cheese	Assorted Sandwiches