



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
Snack	Breadsticks with Olives and Veg Sticks	Apple & Cheese Slices	Toasted Pitta & Cream Cheese	Greek Yoghurt & Mixed Berries	Wholemeal Toast with Avocado
Main Meal	Pasta Day – Chicken Arrabiata Sauce	Roast Chicken	Taste Tourists	Beef Lasagne	Fish Pie
Meat Free	Gnocchi	Lemon Roasted Quorn Fillets		Spinach & Lentil Lasagne	Breaded Quorn Nuggests
On The Side	Broccoli Battered Carrots	Mash Potato Roasted Root vegetables		Grilled Courgette & Aubergine	Chunky Chips Peas Carrots
Dessert	Greek Yoghurt & Fruit Puree	Banana Cake	Greek Yoghurt & Fruit Puree	Apple and Toffee Cake with Cream	Greek Yoghurt & Fruit Puree
Every Day	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites
Teatime	Warm Pizza	Pasta in Tomato Sauce	Assorted Sandwiches	Sausage Roll	Ham & Cheese Muffin