



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
Snack	Toast and Cream Cheese	Crackers with Ham & Veg Sticks	Rice Cakes & Dairylea	Greek Yoghurt & Smashed Banana	Smooth Hummus and Veg Sticks
Main Meal	Spaghetti Bolognaise	Chicken Tikka Masala	Cottage Pie	Swedish Meatballs	Baked Fish Finger
Meat Free	Spaghetti with Quorn Bolognaise	Vegetable Biryani	Cheddar, Parsnips & Leak Crumble	Swedish Plant Based Meatballs	Cheesy Bubble & Squeak
On The Side	Broccoli & Sweetcorn	Rice Carrots Green Beans	Peas Cauliflower	Mashed Potatoes	Chunky Chips Peas Carrots
Dessert	Greek Yoghurt & Fruit Puree	Mixed Berry Cheesecake	Greek Yoghurt & Fruit Puree	Fruit Crumble Custard	Greek Yoghurt & Fruit Puree
Every Day	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites	Sliced Fruit Crudites
Teatime	Cheese on Toast	Half Baked Potato with Beans and Cheese	Assorted Sandwiches	Warm Pizza	Sausage Rolls