



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	Breadsticks eith Veg & Olives	Wholemeal Toast with Avocado	Apple & Cheese Slices	Greek Yoghurt & Banana	Crackers with Ham & Veg Sticks
Main Meal	3 Cheese Mac and Cheese	Piri Piri Chicken	Chicken Topped Pizza	Roast Turkey	Baked Fish Finger
Meat Free	Mac and Cheese	Piri Piri Chicken	Halloumi & Jackfruit	Mixed Bean & Vegetable Loaf	Bean Burger (No Spicy)
On The Side	Broccoli & Sweet Corn	Rice Cauliflower Macho Peas Pitta Bread	Lattice Fries Sweetcorn Sugar Snap Peas	New Potato Carrot Green Beans	Fries Peas & Carrots
Dessert	Greek Yoghurt	Mixed Berry Cheesecake	Greek Yoghurt	Fruit Crumble	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	Baked Potato Assorted Fillings	Sausage Roll	Assorted Sandwiches