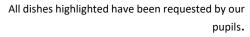


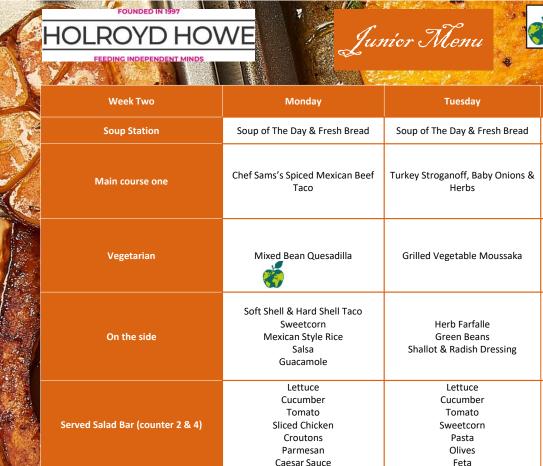




All dishes highlighted have one or more of the key features to make it a Future Proof Food dish.



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	Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	Soup Station	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread
	Main course one	Chicken Chow mien	Locally Sourced Pork Sausage Creamy Potato & Balsamic & Caramelised Onion Gravy	Roast British Turkey	Spaghetti Bolognese with Garlic & Rosemary Focaccia	King's Chip Shop Friday Battered or Breaded Sustainable Fish & Chips
	Vegetarian	Vegan Summer Vegetable Sweet & Sour	Vegan Sausage, Creamy Potato & Balsamic & Caramelised Onion Gravy	Cumin Spiced Sweet Potato & Mushroom Wellington, with Kale Pesto	Courgette, Spinach & Baby Leek Gratin	King's Chip Shop Friday Chef Anne's Shortcrust Cheese & Onion Pie
	On the side	Broccoli Fragrant Prawn Crackers Lime & Coriander Rice	Steamed Garden Peas Creamy Mash Balsamic & Caramelised Onion Gravy	Thyme roast potato Cauliflower Cheese Honey Roast Carrots Gravy Cranberry Thyme & rosemary stuffing	Garlic & Rosemary Focaccia Sautéed Greens	Chunky chips Chip Shop Curry Sauce Mushy Peas Tartare sauce
Part Sept. of the	Served Salad Bar / Deli Bar	Lettuce Cucumber Tomato Sweetcorn Pasta Tuna Mayonnaise Grated Cheese	Lettuce Cucumber Tomato Sliced Chicken Croutons Parmesan Caesar Sauce	Lettuce Cucumber Tomato Peas Chicken Pesto Pasta	Lettuce Cucumber Tomato Grated Carrot Sliced Ham Grated Cheese	Lettuce Cucumber Tomato Grated Carrot
	Jacket Potato Bar	Jacket Potato With Tuna Mayo, Sweetcorn & Spring Onion	Jacket Potato & Beans	Jacket Potato with Italian Sausage Stew	Jacket Potato with Thyme & Parmesan Mushroom	Jacket Potato with Beans & Cheese
	Dessert Station	Sticky Toffee Pudding with Toffee Sauce	Lemon Drizzle & Cream	Chocolate & Beetroot Brownie	Peach & Raspberry Crumble Cake	Steamed Chocolate Pudding & Chocolate Sauce
	Fruit & Yoghurt Pots	Fruit Salad Flavoured Yogurt	Fruit Salad Flavoured Yogurt	Fruit Salad Flavoured Yogurt	Fruit Salad Flavoured Yogurt	Fruit Salad Flavoured Yogurt



Jacket Potato With Baked beans

& cheddar cheese

Mixed Fruit Sponge & Custard

Fruit Salad

Jelly Pots

Flavoured Yogurt

Sauce

Fruit Salad

Jelly Pots

Flavoured Yogurt

Jacket Potato Bar

**Dessert Station** 

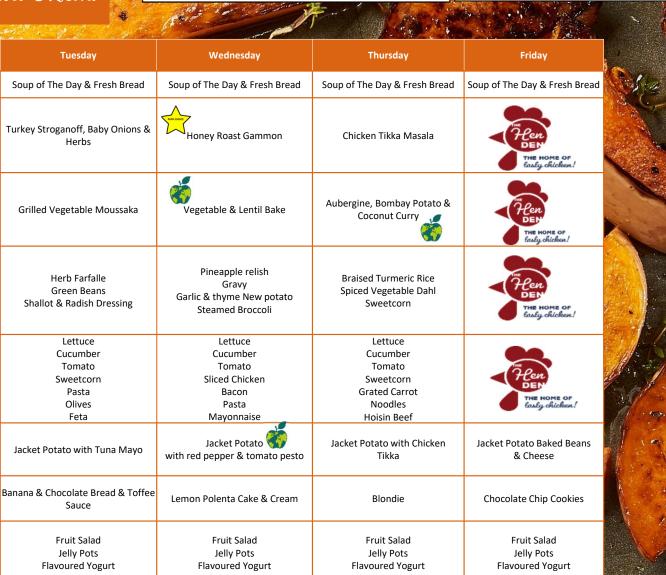
**Fruit & Yoghurt Pots** 



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



All dishes highlighted have been requested by our pupils.



FEEDING INDEPENDENT MINDS





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



All dishes highlighted have been requested by our pupils.

100	Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
	Main course one	Meat Free Monday Black bean, Sweet Potato Stew	Traditional Beef Lasagne	Slow Roast British Beef Brisket	Chicken & Chorizo Paella	<u>Pizza Bar</u> Meat Feast Pizza
	Vegetarian	Meat Free Chilli	Pea, Goats Cheese & Basil Puff Pastry Bake	Mac 'n' Cheese with parmesan crumb	Cauliflower, <b>(**)</b> Mushroom & Haricot Bean Pie	Margarita Pizza Vegan Pizza
	On the side	Steamed rice Sweet Potato Wedges Broccoli Sweetcorn	Italian Herb Potato Hispi Cabbage Garlic Bread	Fluffy Yorkshire Pudding Roasted Potato Roasted Root Vegetables Gravy	Potato Bravas Mediterranean Vegetable Green Beans	Seasoned fries Chop house salad Caesar salad Baked beans Kings slaw
	Served Salad Bar / Deli Bar (counter 2)	Lettuce Cucumber Tomato Sweetcorn Roasted Mediterranean Vegetables Halloumi	Lettuce Cucumber Tomato Sliced Chicken Croutons Parmesan Caesar Sauce	Lettuce Cucumber Tomato Sweetcorn Chicken Pasta Green Pesto	Lettuce Cucumber Tomato Sweetcorn Tuna Pasta New Potatoes Mayonnaise	Lettuce Cucumber Tomato Sweetcorn
	Jacket or pasta	Jacket Potato & Beans & Cheese	Jacket Potato & Roasted Tomato, Lemon & Broccoli	Jacket Potato & Creamy Squash, Pea & Basil	Jacket Potato & Chorizo & Cherry Tomato Stew	Jacket Potato & Beans
	Dessert Station	Apple & Vanilla Oat Crumble	'Brookies'	Apple Flapjack	Lemon & Lime Drizzle	Triple Chocolate Pudding
1	Fruit & Yoghurt Pots	Fruit Salad Jelly Flavoured Yogurt	Fruit Salad Jelly Flavoured Yogurt	Fruit Salad Jelly Flavoured Yogurt	Fruit Salad Jelly Flavoured Yogurt	Fruit Salad Jelly Flavoured Yogurt

