

WEEK 1 MENU

w/c- 30/10, 20/11, 11/12, 01/01,
22/01, 12/02, 04/03, 25/03



	Monday	Tuesday	Wednesday	Thursday	Friday
	WORLD FOOD DAY	STREET FOOD DAY	ORIGINALS DAY	PLANET EARTH DAY	FRIDAY FAVOURITES
MAIN 1	Moroccan Chicken Bake	Crispy Beef Noodles	Roast of the Day 	Margherita Pizza 	Oven Baked Breaded Fish Fingers
Main 2	Shepherdess Pie 	Cheese & Tomato Quesadilla	Roasted Quorn Fillet, Tomato Gravy	Teriyaki Noodles with Edamame Beans 	Veggie Nuggets
Carbohydrates	Creamy Mashed Potato	Wedges	Roasted Potatoes	wedges	Oven Baked Chips
Vegetables	Roasted Carrots	Spiced Green Beans	Roasted Winter Vegetables	Sweetcorn	Garden Peas Baked Beans
Desserts	Iced Carrot Cake Selection of Yoghurts, Fruit,	Flapjack Selection of Yoghurts, Fruit,	Plum Pudding Cake Selection of Yoghurts, Fruit,	Jelly Crunch Pot Selection of Yoghurts, Fruit,	Vanilla Ice Cream Selection of Yoghurts, Fruit,

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)

Future 50 Contains one or more of the top 50 most sustainable foods in the world!

Vegetarian **Vegan** **Organic**

For allergen content please speak to member of staff who will be happy to assist

WEEK 2 MENU

w/c - 06/11, 27/11, 18/12, 08/01,
29/01, 11/03



	Monday	Tuesday	Wednesday	Thursday	Friday
	WORLD FOOD DAY	PLANET EARTH DAY	ORIGINALS DAY	STREET FOOD DAY	FRIDAY FAVOURITES
MAIN 1	Meatball Bake	Macaroni Cheese	Roast of the Day PLANT	Mild Chicken Curry	Oven Baked Breaded Fish (Pollock)
Main 2	Vegan Sausage & Gravy	Chickpea and Coconut Curry with Rice PLANT	Roasted Vegetable Tart	Vegetable and Mozzarella Traybake	Vegan Katsu with Chips PLANT
Carbohydrates	Mashed Potato	Garlic and Parsley Bread	Roasted Potatoes	Braised Rice	Oven Baked Chips
Vegetables	Braised Red Cabbage	Stir Fry Vegetables	Fresh Carrots and Cabbage	Roasted Cauliflower	Garden Peas Baked Beans
Desserts	Vegan Sweet Potato & Ginger Cake Selection of Yoghurts, Fruit,	Apple Shortbread Selection of Yoghurts, Fruit,	Berry Crumble Traybake Selection of Yoghurts, Fruit,	Chocolate and Beetroot Cake Selection of Yoghurts, Fruit,	Carrot and Apple Muffin Selection of Yoghurts, Fruit,

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Vegan



Organic

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WEEK 3 MENU

w/c – 13/11, 04/12, 15/01, 05/02,
26/02, 18/03



	Monday	Tuesday	Wednesday	Thursday	Friday
	STREET FOOD DAY	WORLD FOOD DAY	ORIGINALS DAY	PLANET EARTH DAY	FRIDAY FAVOURITES
MAIN 1	Cajun Chicken	Pasta Bolognese	Roast of the Day PLANT Ve	Roasted Tomato and Pesto Pasta Ve V	Oven Baked Breaded Fish PLANT Ve
Main 2	Sweet Potato and White Bean Calzone Pizza Ve PLANT F50	Barley and Vegetable Risotto PLANT F50 Ve	Mediterranean Gnocchi Bake V	Vegetarian Sausage and Bean Hot Pot V	Cheese & Tomato Pinwheel V
Carbohydrates	Baked Potato Wedges V	Garlic and Red Onion Focaccia Slice V	Roast Potatoes Ve	Wedges Ve	Oven Baked Chips Ve
Vegetables	Roasted Sweetcorn Ve	Panzanella Salad Mixed salad, Croutons & Dressing Ve	Roasted Carrots and Steamed Greens Ve	Braised Peas Ve	Garden Peas Baked Beans Ve
Desserts	Gainsborough Tart Selection of Yoghurts, Fruit, V	Cherry Cinnamon Pudding Selection of Yoghurts, Fruit, V	Baked Rice Pudding – Fruit Compote Selection of Yoghurts, Fruit, V	Sticky Orange Cake Selection of Yoghurts, Fruit, V	Chocolate Pots Selection of Yoghurts, Fruit, V

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V Vegetarian **Ve** Vegan **O** Organic

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