

Lunch



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

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Soup – from the hot counter	Five spice carrot with gouchang slaw	Spiced yellow split lentils and watercress	Cauliflower and soya milk with harissa	Parsnip leek and ginger with basil oil	Hot and sour soup with garlic chilli
Main course one	Lamb and lentil patties with harissa mayo	Chinese chicken curry	Crispy chilly beef with sticky ginger	Peas asparagus and goats cheese frittata with pesto	Breaded sustainable fish with sweet chilli mayo & lime
Main course two - one pot	Turkey escalope with mushroom and creamy leeks	Vegan Katsu Curry	Crispy halloumi and pickled salad wrap	Pork sausages with red onion and balsamic gravy	Cauliflower mushrooms and haricot bean cottage pie
On the side	Red pepper and mint couscous, Green beans and shallots Honey glazed carrots and parsnips	Bangkok fried rice with thai spice , soya and ginger Pickled asian slaw	Lo mein noodles Fried spring cabbage Herby squash wedges	Mustard mashed potato Sugar snap peas Baked carrots and beets	Home-style chucky chips Minted mushy peas BBQ baked beans
Jacket or pasta	Jacket potato with baked beans, cheese , tuna	Macaroni cheese	Jacket potato with baked beans , cheese ,tuna	Spaghetti with italian beef ragu	Jacket potato with baked beans , cheese and tuna
Hot or cold dessert	Lemon polenta cake with mint mascarpone	Steamed pineapple and cherry cake	Classic rice pudding with berry compote	Orange & poppy seed slice	Rocky road bars
Fruit & yoghurt pots	Honeydew melon & raspberry pot Mango yoghurt	Pineapple & pomegranate pot Strawberry yoghurt	Watermelon pot Passionfruit yoghurt	Kiwi & berry pot Honey yoghurt	Black grape pot Mango yogurt