










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.

Week Three	Sustainable Monday	Tuesday	Wednesday	Thursday	Friday
Main course one	Chicken & Egg Fried Rice	Meatballs & Spaghetti 	Roast Chicken	Kings Brunch 	Battered Cod Goujons 
Vegetarian	Vegetable Korma 	Jacket Potato & Beans	Mac 'n' Cheese 	Vegetarian Sausages 	Quorn 'Fish Less' Finger's 
On the side	Steamed Rice Broccoli Sweetcorn	Garlic bread Peas	Roasted Potato Roasted Vegetables Gravy	Baked Beans Hash Brown	Chips Garden Peas
Dessert Station	Apple & Vanilla Oat Crumble	'Brookies'	Apple Flapjack	Lemon & Lime Drizzle	Iced Buns
Fruit & yoghurt pots	Fruit Portions	Fruit Portions	Fruit Portions	Fruit Portions	Fruit Portions