

# Lunch



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

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	White onion soup with gremolata	Tomato, roast garlic & thyme with chilli oil	Sweetcorn, chicken & tarragon chowder	Wild mushroom with sage crumble	Potato, & watercress with herby leeks	Broccoli & dolcelatte with brioche croutons	----
Main course one	Lamb & green lentil Bhuna with mustard seeds	<u>Confusions cont...</u> All in a brioche bun: Bulgogi BBQ beef Seoul fried chicken Korean BBQ sweet potato & chick pea	Squash & spring green hash, spinach & a poached egg		Battered sustainable fish with lemon wedges & tartare sauce	Cauliflower buffalo wings with vegan chilli mayonnaise	----
Main course two	Courgette, spinach & cherry tomato gratin	Sauces: Yuzu mayo, Korean BBQ sauce Sriracha chilli sauce  Bang bang cucumbers with sesame & chilli  Pickled watermelon salad with mint & ginger  Salt & pepper baked potato wedges	Beef, mushroom & stout pie with shortcrust pastry		Spiced coconut chicken leg with mango & chilli salsa	Turkey stroganoff with baby onions, cornichons & parsley	----
Main course three	Chicken escalope with sweet peppers, basil & aubergine		Squash, red peppers & quinoa wellington with kale pesto		Gilled turkey steak with grilled tomato & pepper sauce	Vegan banana "fish" – blossom in tempura batter	Seafood risotto with pollock, crab, prawns & lemon
On the side	Lime & chilli braised rice, nigella baked carrots, sauté spring greens		Garlic & thyme new potatoes, roast broccoli, caraway crushed swede	Herby mashed potato, sauté leeks & peas, baked parsnip & apple	Chipped potatoes, lemon crushed peas, orange glazed carrots	Herby fregola, steamed kale, honey roast roots	Brunch
Jacket & Pasta Bar	Mushroom & black bean chilli	Tuna with peppers, olives & capers	Baked beans & cheddar cheese	Baked roots. & wholegrain mustard	Leek, spinach & feta	Pork goulash with gherkins	----
	Classic beef bolognaise	Chunky tomato & basil	Tomato, pancetta & green pea	Roast pepper, courgette & tomato	Italian sausage stew	Thyme & parmesan mushrooms	----
Hot Dessert	Peach & raspberry crumble cake	Butterscotch banana & date pancakes	Toasted seed Greek style baklava	Triple chocolate fudge cake with cream	Steamed treacle sponge with custard	Apple, cinnamon & vanilla oat crumble	----
Cold Dessert	VEGAN Maple soy pannacotta with blueberries & seeds	Dietary alternative Blueberry & oat muffin	VEGAN Lemon & polenta loaf	VEGAN Raisin, pumpkin & cranberry oat bars	Dietary alternative Seeded carrot cake with frosting	Dietary alternative Meringue, coconut cream & seasonal berry	----
Cut fruit	Cantaloupe & raspberry	Pineapple & pear	Honeydew melon & orange	Kiwi & galia melon	Watermelon & strawberry	Red & green grapes	----