

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	----

Supper



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Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course one	 Ji – Asian Flavours	Black bean beef & banana blossom bao buns – Umami flavour belt	 Mac 'n' greens - but no cheese!	Curry crusted sweet potato with refried black beans, guacamole and mango salsa	Chilli garlic pork loin steak with beans sprouts & water chestnuts	 Focaccia, rosemary & sea salt topped with:	Turkey meat ball sub with arabiatta sauce
Main course two	Char sui or coconut crusted chicken, sesame crusted tofu with coriander & mint	Potato, pea & spinach samosa with mango, chilli & coriander chutney	Black bean & mushroom chilli with coriander Hoisin jackfruit & edamame wrap	Roast chicken with garlic, lemon & thyme	Spelt & wild mushroom risotto with peas & broad beans	Parmesan chicken, roast peppers & basil Flaked salmon with capers, lemon & dill,	Nori tempeh fish style goujons – Gut friendly foods
On The Side	Steamed Bao buns Sticky Thai jasmine rice Noodles – your choice! Shredded vegetable slaw with lime, chilli & ginger Thai watermelon salad with cucumber & mint Miso roasted broccoli & stems Something simple... Baked potato with vegan bolognese, green salad	Coriander & lime basmati rice Smashed peas, chilli & lemon Honey roast carrot & squash	Steamed long grain rice with tomato & lime salsa Caesar salad, vegan dressing, croutons & nutritional yeast Miso carrots with sesame, ginger & chilli Something simple.... Carbonara penne bake, garlic bread & salad	Smoked paprika wedges Red cabbage with apple & sultanas Chunky baked squash	Sweet & sour egg noodles Spiced roast cauliflower Butter roasted chantaney carrots	baked beef tomato, mozzarella & oregano Orzo pasta with roast aubergine, cherry tomatoes & rocket pesto Courgette, pea, broad bean & lettuce with lemon ricotta dressing Panzanella salad Something simple... Baked chicken leg, potato wedges & broccoli	French fries Fried corn with green peppers & onions Garlic & rosemary goujons
Hot Dessert	Blueberry & mint muffins	Rhubarb, pear & oat crumble with custard	Hot chocolate pudding with malted cream	Baked raspberry iced doughnuts with toasted seeds	Sticky pineapple & lime cake	Sticky toffee banana sponge with caramel	Apple & sultana tart tatin with vanilla cream
Cold Dessert	Chocolate, cherry & digestive fridge cake	Cinnamon apple & raspberry yoghurt	Strawberry & pumpkin seed brittle fool	White chocolate & passionfruit mousse	Banana & caramel cheesecake pot	Raspberry & meringue mess	Lemon posset with polenta shortbreads

Selection of fresh cut & whole fruits