<table>
<thead>
<tr>
<th>Week Two</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Hydration</td>
<td>Apple, pomegranate &amp; bay water</td>
<td>Pineapple &amp; orange juice</td>
<td>Watermelon &amp; mint infusion</td>
<td>Orange &amp; apple juice</td>
<td>Grapefruit juice with root ginger</td>
<td>Sparkling lemon &amp; lime</td>
<td>Juices &amp; waters</td>
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<tr>
<td>Hot Items</td>
<td>Grilled back bacon</td>
<td>Grilled sausage</td>
<td>Grilled back bacon</td>
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<td></td>
<td>Poached egg</td>
<td>Scrambled egg</td>
<td>Poached egg</td>
<td>Omelette</td>
<td>Fried eggs</td>
<td>Your choice of eggs</td>
<td>Eggs, your way!</td>
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<td></td>
<td>Sauté potato</td>
<td>Hash browns</td>
<td>Breakfast bubble</td>
<td>Plum tomatoes</td>
<td>Hash browns</td>
<td>Baked beans</td>
<td>Baked beans</td>
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<td>Baked beans</td>
<td>Grilled tomato</td>
<td>Field mushroom</td>
<td>Baked beans</td>
<td>Grilled tomato</td>
<td>Field mushroom</td>
<td>Field mushroom</td>
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<tr>
<td>Daily Special</td>
<td>Brioche finger roll, pork sausage, smoky beans &amp; cherry tomatoes</td>
<td>Multiseed croissant with ricotta, crisp streaky bacon &amp; honey</td>
<td>Breakfast quesadilla with scrambled tofu, peppers &amp; tomato</td>
<td>Raspberry ripple &amp; chia seed coconut yoghurt</td>
<td>Ham hock, goats cheese &amp; sun dried tomato pin wheel</td>
<td>Smoothie Bowls</td>
<td>Selection of pastries</td>
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<tr>
<td>Daily Breakfast Items</td>
<td>Porridge station</td>
<td>Porridge station</td>
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<td>Cereal bar</td>
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<td>Yoghurt station</td>
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<td>Toast &amp; preserves</td>
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<td>Toast &amp; Preserves</td>
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<tr>
<td>Fruit</td>
<td>Cut &amp; whole fruit</td>
<td>Cut &amp; whole fruit</td>
<td>Cut &amp; whole fruit</td>
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### Week Two

**Monday**
- **Soup**: White onion soup with gremolata
- **Main course one**: Lamb & green lentil Bhuna with mustard seeds
- **Main course two**: Courgette, spinach & cherry tomato gratin
- **Main course three**: Chicken escalope with sweet peppers, basil & aubergine
- **On the side**: Lime & chilli braised rice, nigella baked carrots, sauté spring greens
- **Jacket & Pasta Bar**: Mushroom & black bean chilli
- **Hot Dessert**: Peach & raspberry crumble cake
- **Cold Dessert**: VEGAN Maple soy pannacotta with blueberries & seeds
- **Cut fruit**: Cantaloupe & raspberry

**Tuesday**
- **Soup**: Tomato, roast garlic & thyme with chilli oil
- **Main course one**: Confusions cont…
- **Main course two**: Squash & spring green hash, spinach & a poached egg
- **Main course three**: Squash, red peppers & quinoa wellington with kale pesto
- **On the side**: Bang bang cucumbers with sesame & chilli
- **Jacket & Pasta Bar**: Tuna with peppers, olives & capers
- **Hot Dessert**: Butterscotch banana & date pancakes
- **Cold Dessert**: VEGAN Blueberry & oat muffin
- **Cut fruit**: Pineapple & pear

**Wednesday**
- **Soup**: Sweetcorn, chicken & tarragon chowder
- **Main course one**: Squash & spring green hash, spinach & a poached egg
- **Main course two**: Beef, mushroom & stout pie with shortcrust pastry
- **Main course three**: Squash, red peppers & quinoa wellington with kale pesto
- **On the side**: Garlic & thyme new potatoes, roast broccoli, caraway crushed swede
- **Jacket & Pasta Bar**: Baked beans & cheddar cheese
- **Hot Dessert**: Toasted seed Greek style baklava
- **Cold Dessert**: VEGAN Lemon & polenta loaf
- **Cut fruit**: Honeydew melon & orange

**Thursday**
- **Soup**: Wild mushroom with sage crumble
- **Main course one**: Battered sustainable fish with lemon wedges & tartare sauce
- **Main course two**: Spiced coconut chicken leg with mango & chilli salsa
- **Main course three**: Gilled turkey steak with grilled tomato & pepper sauce
- **On the side**: Herby mashed potato, sautéed leeks & peas, baked parsnip & apple
- **Jacket & Pasta Bar**: Baked roots. & wholegrain mustard
- **Hot Dessert**: Steamed treacle sponge with custard
- **Cold Dessert**: Dietary alternative Seeded carrot cake with frosting
- **Cut fruit**: Kiwi & gallow melon

**Friday**
- **Soup**: Potato, & watercress with herb leeks
- **Main course one**: Cauliflower buffalo wings with vegan chilli mayonnaise
- **Main course two**: Turkey stroganoff with baby onions, cornichons & parsley
- **Main course three**: Seafood risotto with pollock, crab, prawns & lemon
- **On the side**: Chipped potatoes, lemon crushed peas, orange glazed carrots
- **Jacket & Pasta Bar**: Thyme & parmesan mushrooms
- **Hot Dessert**: Apple, cinnamon & vanilla oat crumble
- **Cold Dessert**: Dietary alternative Meringue, coconut cream & seasonal berry
- **Cut fruit**: Watermelon & strawberry

**Saturday**
- **Soup**: Broccoli & dolcelatte with brioche croutons
- **Main course one**: Confusions cont…
- **Main course two**: Spiced coconut chicken leg with mango & chilli salsa
- **Main course three**: Seafood risotto with pollock, crab, prawns & lemon
- **On the side**: Herby fregola, steamed kale, honey roast roots
- **Jacket & Pasta Bar**: Pork goulash with gherkins
- **Hot Dessert**: Apple, cinnamon & vanilla oat crumble
- **Cold Dessert**: Dietary alternative Meringue, coconut cream & seasonal berry
- **Cut fruit**: Red & green grapes

**Sunday**
- **Soup**: ----
- **Main course one**: ----
- **Main course two**: ----
- **Main course three**: ----
- **On the side**: ----
- **Jacket & Pasta Bar**: Brunch
- **Hot Dessert**: ----
- **Cold Dessert**: ----
- **Cut fruit**: ----

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**Lunch**

All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.
<table>
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<tr>
<th>Week One</th>
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</thead>
<tbody>
<tr>
<td><strong>Main course one</strong></td>
<td>Ji – Asian Flavours</td>
<td>Black bean beef &amp; banana blossom bao buns – Umami flavour belt</td>
<td>Mac 'n' greens - but no cheese!</td>
<td>Curry crusted sweet potato with refried black beans, guacamole and mango salsa</td>
<td>Chilli garlic pork loin steak with beans sprouts &amp; water chestnuts</td>
<td>KEBADS</td>
<td>Turkey meatball sub with arabiatta sauce</td>
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<tr>
<td><strong>Main course two</strong></td>
<td>Char sui or coconut crusted chicken, sesame crusted tofu with coriander &amp; mint</td>
<td>Potato, pea &amp; spinach samosa with mango, chilli &amp; coriander chutney</td>
<td>Black bean &amp; mushroom chilli with coriander</td>
<td>Roast chicken with garlic, lemon &amp; thyme</td>
<td>Spelt &amp; wild mushroom risotto with peas &amp; broad beans</td>
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<td><strong>On The Side</strong></td>
<td>Steamed Bao buns</td>
<td>Steamed long grain rice with tomato &amp; lime salsa</td>
<td>Hoisin jackfruit &amp; edamame wrap</td>
<td>Steamed long grain rice with tomato &amp; lime salsa</td>
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<td>Sticky Thai jasmine rice Noodles – your choice!</td>
<td>Caesar salad, vegan dressing, croutons &amp; nutritional yeast</td>
<td>Miso carrots with sesame, ginger &amp; chilli</td>
<td>Miso carrots with sesame, ginger &amp; chilli</td>
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<td>Shredded vegetable slaw with lime, chilli &amp; ginger</td>
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<td>Thai watermelon salad with cucumber &amp; mint</td>
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<td>Miso roasted broccoli &amp; stems</td>
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<td>Something simple… Baked potato with vegan bolognese, green salad</td>
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<td>Coriander &amp; lime basmati rice</td>
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<td>Smashed peas, chilli &amp; lemon</td>
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<td>Honey roast carrot &amp; squash</td>
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<tr>
<td><strong>Hot Dessert</strong></td>
<td>Blueberry &amp; mint muffins</td>
<td>Rhubarb, pear &amp; oat crumble with custard</td>
<td>Hot chocolate pudding with malted cream</td>
<td>Baked raspberry iced doughnuts with toasted seeds</td>
<td>Sticky pineapple &amp; lime cake</td>
<td>Sticky toffee banana sponge with caramel</td>
<td>Apple &amp; sultana tart tatin with vanilla cream</td>
</tr>
<tr>
<td><strong>Cold Dessert</strong></td>
<td>Chocolate, cherry &amp; digestive fridge cake</td>
<td>Cinnamon apple &amp; raspberry yoghurt</td>
<td>Strawberry &amp; pumpkin seed brittle fool</td>
<td>White chocolate &amp; passionfruit mousse</td>
<td>Banana &amp; caramel cheesecake pot</td>
<td>Raspberry &amp; meringue mess</td>
<td>Lemon posset with polenta shortbreads</td>
</tr>
</tbody>
</table>

**Selection of fresh cut & whole fruits**