

FEEDING OUR FUTURE

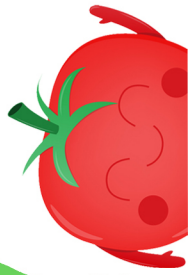
MENU PLAN





Feeding Our Future

Lunch & Dessert Menu WEEK 1



Monday

Lunch

Classic butcher's pork sausage w/ Gravy
or

Vegetarian sausage

Both sw/ Sweet red cabbage, apple, peas
& fluffy baby potatoes

Dessert

Fruity fromage frais

Tuesday

Lunch

Smooth tomato & roasted vegetables
butter bean pasta

Dessert

Orange smiles

Wednesday

Lunch

Indian-style fish biryani
or

Spiced chickpea biryani
Both sw/ Fresh cucumber

Dessert

Natural yoghurt w/ Cherry compote

Thursday

Lunch

Juicy pork meatballs & spaghetti
or

Vegetarian meatballs & spaghetti
Both in a herby tomato sauce

Dessert

Carrot, raisin & cream cheese
mini sponge

Friday

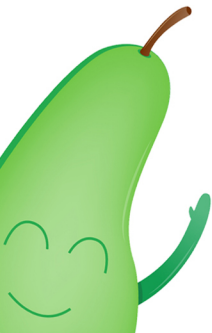
Lunch

Hearty chicken & vegetable stew
or

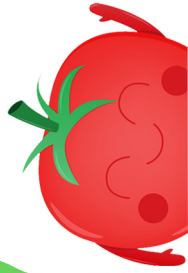
Mixed bean & vegetable Stew
Both sw/ Wholewheat bread

Dessert

Natural yoghurt w/ Blueberry



Afternoon Tea Menu WEEK 1



Monday

Afternoon Tea
Baked beans w/ Toasty bread

Tuesday

Afternoon Tea
Cauliflower, potato & leek soup

Wednesday

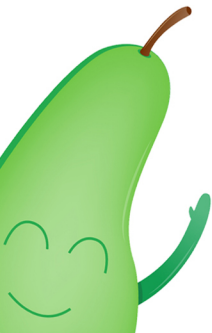
Afternoon Tea
Smoked paprika & butterbean hummus
sw/ Cucumber, raisins & pitta

Thursday

Afternoon Tea
Mexican bean soup
sw/ Wholewheat bread

Friday

Afternoon Tea
Butternut squash couscous
& quinoa salad





Feeding Our Future

Lunch & Dessert Menu WEEK 2



Monday

Lunch

Lamb & lentils butterfly pasta
or
Inspired bean & lentil butterfly pasta

Dessert

Chia & blackberry yoghurt

Tuesday

Lunch

Coconut butter chicken
or
Roasted cauliflower & butter bean coconut curry
Both sw/ Fluffy rice

Dessert

Winter berry custard

Wednesday

Lunch

Jacket potato
sw/ Rich veggie ragu &
a cool chive dip

Dessert

Black cherry, beetroot & cocoa
mini sponge

Thursday

Lunch

Fisherman's Salmon & Pollock
tomato pasta
or
Mixed country tomato vegetable pasta

Dessert

Fresh melon

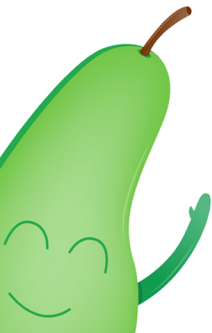
Friday

Lunch

Traditional beef cottage pie
or
Savoury mixed bean cottage pie
Both sw/ Potato & sweet potato mash

Dessert

Smooth spiced apple rice pudding





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Afternoon Tea Menu WEEK 2



Monday

Afternoon Tea
Wholewheat hoops & haricot beans
sw/ Wholewheat bread

Tuesday

Afternoon Tea
Roasted butternut squash
& chickpea soup
sw/ Pitta

Wednesday

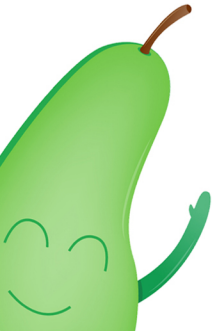
Afternoon Tea
DIY Egg, sweetcorn & mayonnaise
sw/ Sub roll

Thursday

Afternoon Tea
Sweet potato & bean frittata
sw/ Carrot

Friday

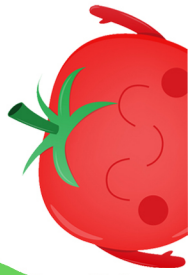
Afternoon Tea
Carrot & coriander soup
sw/ Wholewheat bread





Feeding Our Future

Lunch & Dessert Menu WEEK 3



Monday

Lunch
Chicken biryani
or
Lentil & bean Biryani
sw/ Tangy mango chutney

Dessert
Fruity fromage frais

Tuesday

Lunch
Creamy fish pie
or
Creamy vegetable pie
Both sw/ Baby potatoes & golden puff square

Dessert
Fresh melon slices

Wednesday

Lunch
Chickpea, spinach & sweet potato curry
sw/ Soft naan bread

Dessert
Sliced pears in vanilla-spiced sauce

Thursday

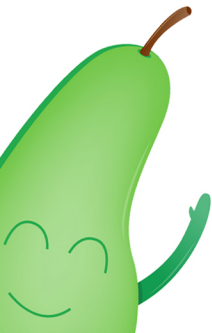
Lunch
Tender chicken breast in gravy
or
Vegetable fingers & baked beans
Both sw/ Baby potatoes & Yorkshire pudding

Dessert
Banana & date mini sponge

Friday

Lunch
BBQ Sausage & bean casserole
or
Smoky vegetarian sausage & bean casserole
Both sw/ Wholemeal bread

Dessert
Apple, mandarin, plums & melon
fruit salsa



Afternoon Tea Menu WEEK 3



Monday

Afternoon Tea
Baked beans w/ Toasty bread

Tuesday

Afternoon Tea
Sweet potato & red lentil soup
sw/ Mini naan

Wednesday

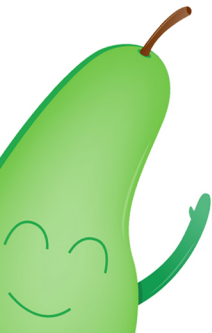
Afternoon Tea
DIY Chicken sub
or
Red pepper hummus
Both sw/ Cucumber & sub roll

Thursday

Afternoon Tea
Roasted vegetable hummus
sandwich sw/ Carrot

Friday

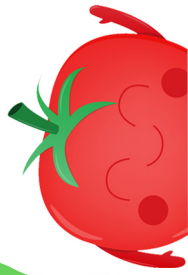
Afternoon Tea
Butter bean cream cheese
sw/ Pitta & tomato wedges





Feeding Our Future

Lunch & Dessert Menu WEEK 4



Monday

Lunch
Chinese chicken curry
or
Butter bean & sweet potato curry
sw/ White rice

Dessert
Natural yoghurt w/ Blackberry compote

Tuesday

Lunch
Hearty lentil & mixed root vegetable
hot pot
sw/ Wholewheat bread

Dessert
Smooth apricot rice pudding

Wednesday

Lunch
Creamy pork carbonara
or
Kidney bean & seasonal vegetable carbonara

Dessert
Cheese, apple & raisins

Thursday

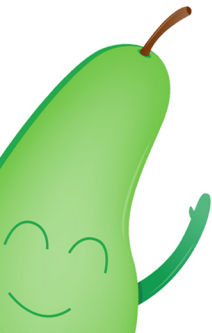
Lunch
Classic lamb chilli con carne
or
Vegan mixed bean chilli
Both sw/ Coriander & lime rice

Dessert
Natural yoghurt w/ Plum

Friday

Lunch
Baked beans & cheddar cheese
sw/ Baked jacket potato

Dessert
Peach, courgette & cream cheese
mini sponge





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Afternoon Tea Menu WEEK 4



Monday

Afternoon Tea

DIY Tuna mayo & sweetcorn

or

White bean & cheese mayo & sweetcorn

Both sw/ Sub roll & lettuce

Tuesday

Afternoon Tea

Roasted mediterranean
vegetable soup sw/ Pitta

Wednesday

Afternoon Tea

Chicken sandwich

or

Hummus sandwich

sw/ Cucumber

Thursday

Afternoon Tea

Broccoli, pea & mint soup
sw/ Wholewheat bread

Friday

Afternoon Tea

Rosemary winter
vegetable frittata

