





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

	Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Main course	Salmon & Leek Fishcake with Watercress & Egg	Buttermilk Fried Chicken Burger with ranch Dressing Homemade Cucumber Pickles	Cajun Pork Taco with Shredded Iceberg & Cheese	Jerk Chicken Leg with Mango Salsa	Pizza House	Chinese Chicken Curry	Roasted Chicken Quarter with Sage Stuffing, Pig in Blanket & Red Wine Gravy
The state of the s	Vegetarian	Bubble & Squeak with Spinach, Tomato and Boiled Egg	Vegan Buttermilk Fillet Burger with Homemade Cucumber Pickles & Tomato Chutney	Vegan Sweet Potato Enchilada Topped with Jalapeno and Vegan Cheese	Cauliflower Mac & Cheese With Herb Crumb	Pizza House	Giant Spring Roll	Mushroom Risotto with Saute Mushroom, Cheese Tuile & Tarragon oil
	Chefs Special	Bacon Steak with Pineapple Salsa	Sausage Plait with Brie & Cranberry	Creamy Garlic Butter Chicken with Spinach	Mac & Cheese with BBQ Pulled Pork	Pizza House	Char Sui Pork Bun with Spring Mix	
	On The Side	Warm Potato Salad Petit Pois Broccoli	Skin on fries Baked Beans Corn on the Cobb	Mexican Veggies Steamed Rice Green Beans	Creamy Corn Rice & Peas Baked Mini Jackets with Sour Cream & Chive	Pizza House	Prawn Crackers Egg Noodles Vegetables in Oyster	Roast Potatoes Chunky Carrots Green Pod Mix
	Bowl Salads	Spicy Tomato and Lentil	3 Cabbage Slaw	Sweetcorn and Black Bean salad	All Kale Caesar	Pizza House	Greek Salad	Pesto Pasta
	Dessert	Sprinkle Sponge	Fruity Meringue	Bakewell Flapjack	Biscuit Brownie	Ice Cream Pot	Jelly & Cream	Banana Split Waffle

Selection of Fresh Cut Fruit







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	Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Main course	Garlic Chicken Kiev	Beef Lasagne, Herb Oil, Sun Blushed Tomatoes	POSH PIES	Thai Red Chicken Curry with greens	Crispy Chicken with Ranch and BBQ & Pickled Slaw	Paella De Carne	Toad in The Hole with Onion Gravy
	Vegetarian	Breaded Risotto Cake with roasted Pumpkin & Crispy Sage	Gnocchi with Roasted Peppers & Basil	POSH PIES	Thai Red Tofu Curry with Greens	Crispy Quorn with Ranch, BBQ & Pickled Slaw	Black Bean Risotto with Spring Onion, Chives and Fried Egg	Cheddar & Leek Sausage Toad in the Hole with Onion Gravy
	Chefs Special	Salmon & Broccoli Pasta Bake with Herb Croutons	Irish Beef and Soda Bread Bunny Chow	• POSH PIES •	Fish Finger Sandwich Iceberg Lettuce & Tartar Sauce	Sticky Marinated Wings, Celery Sticks and Hot Sauce	Borders Choice	Fish Finger Sandwich Iceberg Lettuce & Tartar Sauce
	On The Side	Saute Potatoes Honey & Sesame Carrots Steamed Greens	Garlic Bread Herby Potatoes Garden Peas	Posh Pies	Prawn Crackers Coriander & Coconut Rice Colcannon Potatoes	Waffles Mac & Cheese & Herb Crumb Boston Beans Sweet Potato Smash	Cheese Garlic Toasts Patatas Bravas Parsley Mushrooms	Butted Cabbage Mash Potato Monge Tout
1111	Bowl Salads	Panzanella	Indonesian Noodle	Posh Pies	Chickpea & Bean Salad	Florida Salad	Pesto Pasta	Coronation Potato Salad
	Dessert	Brownie, Raspberry Sauce	Banoffee Crumble	Waffle Wednesday	Lemon Posset	Blueberry Cheesecake	Cookie & Ice Cream	Sticky Toffee Pudding with Ice Cream

Selection of Fresh Cut Fruit