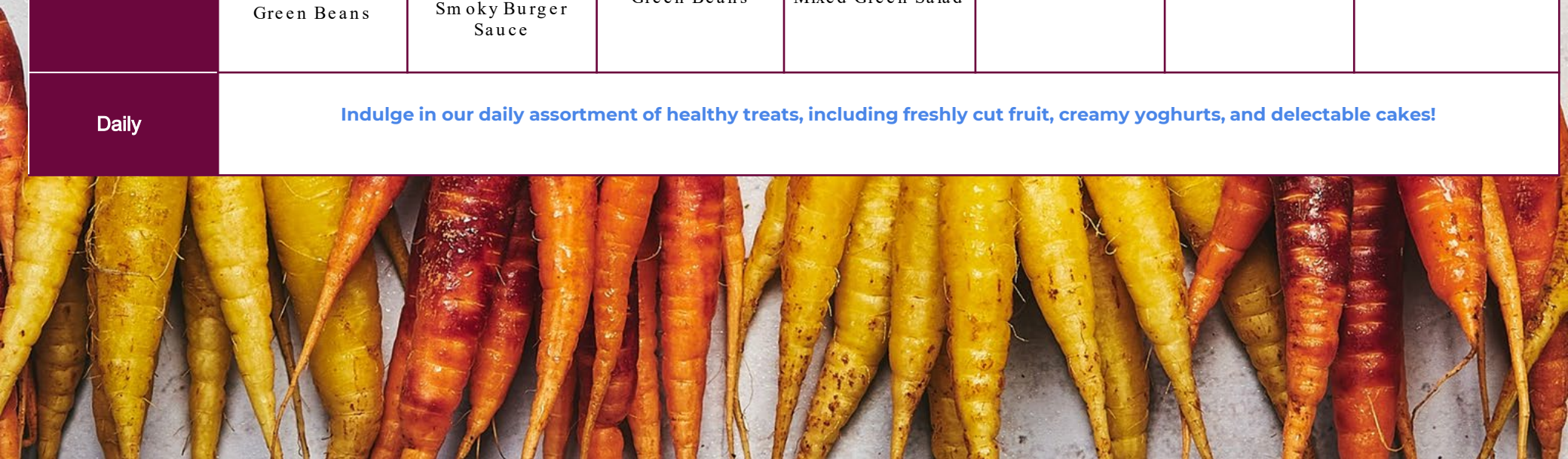




All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

Supper Week 1 6/01 – 12/01	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Chicken Chasseur	Classic Beef Burgers	Sausages & Gravy	Chicken & Chorizo Paella	Lamb Biryani	Sweet Sour Chicken	Classic Sunday Roast Dinner
Vegetarian Main Course	Vegetarian Chasseur	Five Bean Burgers	Quorn Sausages	Vegetarian Paella	Grilled Veg & Halloumi Biryani	Vegetarian Sweet Sour Sauce	
On The Side	Roasted Garlic Potatoes Peas & Green Beans	Potato Wedges Corn on the Cob & Saute Onions Smoky Burger Sauce	Buttered Potatoes with Chives Roasted Carrots & Green Beans	Patatas Bravas & Alioli Mixed Green Salad	Pickles & Chilli Sauce	Vegetable Fried Rice Spring Rolls & Cucumber Salad	
Daily	Indulge in our daily assortment of healthy treats, including freshly cut fruit, creamy yoghurts, and delectable cakes!						





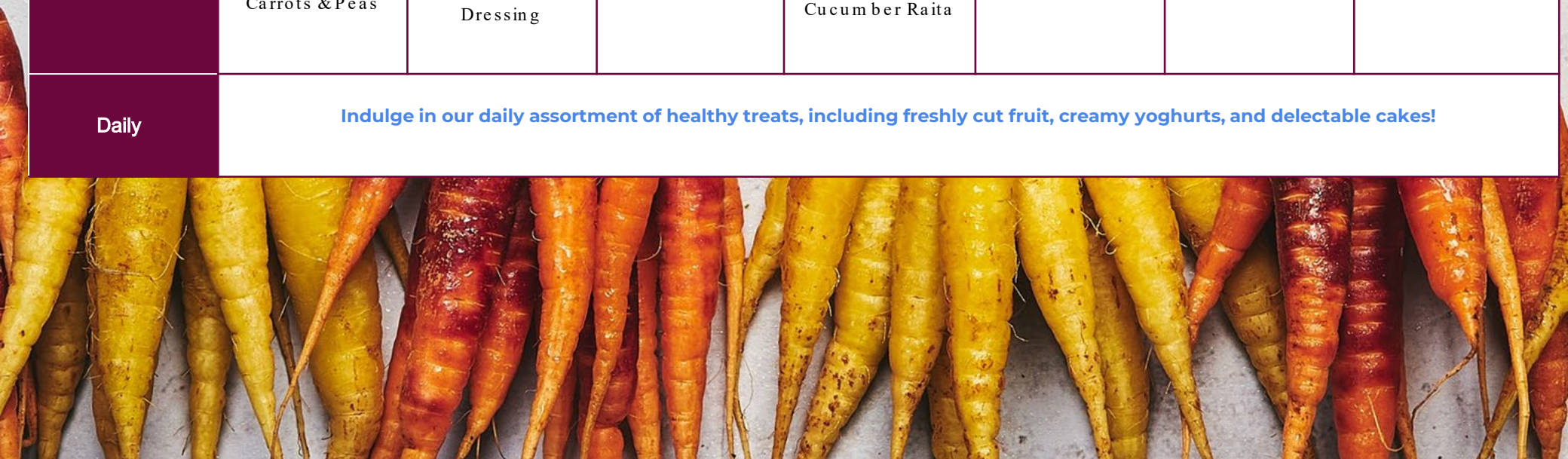
All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

Supper Week 2 13/01– 19/01	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Thai Green Seafood Curry	Beef Burgers	Grilled Chicken in Tuscan Sauce	Beef Lasagne	Grilled Tandoori Chicken	Bolognese Pasta	Classic Sunday Roast Dinner
Vegetarian Main Course	Thai Green Curry With Tofu	Vegetarian Burgers	Creamy Tuscan Gnocchi	Soya & Beans Lasagne	Grilled Halloumi Tikka Masala Sauce	Green Pesto Pasta with Parmesan	
On The Side	Jasmine Rice Snow Peas & Grilled Mushrooms	Potato Chips Corn on the Cob & Jalapeno Tomato Salsa		Roasted Broccoli & Courgette	Roasted Mediterranean Vegetables	Coconut Rice & Roasted Cauliflower	
Daily	Indulge in our daily assortment of healthy treats, including freshly cut fruit, creamy yoghurts, and delectable cakes!						



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

Supper Week 3 20/01 – 26/01	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Coq Au Vin	Korean Style Chicken	Beef Lasagne	Chicken Tikka	Beef Meatballs	Chicken Parmigiana	Classic Sunday Roast Dinner
Vegetarian Main Course	Mushroom Bourguignon	Korean Style Tofu	Soya & Beans Lasagne	Vegetable Balti	Tomato & Red Pepper Sauce	Pasta alla Norma	
On The Side	Mashed Potatoes Roasted Carrots & Peas	Soy Noodles Steamed Broccoli with Sesame Dressing	Roasted Mediterranean Vegetables	Pilau Rice Indian Salad & Cucumber Raita	Spaghetti & Garlic Bread Caprese Salad	Grilled Zucchini & Eggplant	
Daily	Indulge in our daily assortment of healthy treats, including freshly cut fruit, creamy yoghurts, and delectable cakes!						





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

Supper Week 4 27/01 – 2/02	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Chicken Chasseur	Classic Beef Burgers	Sausages & Gravy	Chicken & Chorizo Paella	Lamb Biryani	Sweet Sour Chicken	Classic Sunday Roast Dinner
Vegetarian Main Course	Vegetarian Chasseur	Five Bean Burgers	Quorn Sausages	Vegetarian Paella	Grilled Veg & Halloumi Biryani	Vegetarian Sweet Sour Sauce	
On The Side	Roasted Garlic Potatoes Peas & Green Beans	Potato Wedges Corn on the Cob & Saute Onions Smoky Burger Sauce	Buttered Potatoes with Chives Roasted Carrots & Green Beans	Patatas Bravas & Alioli Mixed Green Salad	Pickles & Chilli Sauce	Vegetable Fried Rice Spring Rolls & Cucumber Salad	
Daily	Indulge in our daily assortment of healthy treats, including freshly cut fruit, creamy yoghurts, and delectable cakes!						



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

Supper Week 5 03/02 – 09/02	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Thai Green Seafood Curry	Beef Burgers	Grilled Chicken in Tuscan Sauce	Beef Lasagne	Grilled Tandoori Chicken	Bolognese Pasta	Classic Sunday Roast Dinner
Vegetarian Main Course	Thai Green Curry With Tofu	Vegetarian Burgers	Creamy Tuscan Gnocchi	Soya & Beans Lasagne	Grilled Halloumi Tikka Masala Sauce	Green Pesto Pasta with Parmesan	
On The Side	Jasmine Rice Snow Peas & Grilled Mushrooms	Potato Chips Corn on the Cob & Jalapeno Tomato Salsa		Roasted Broccoli & Courgette	Roasted Mediterranean Vegetables	Coconut Rice & Roasted Cauliflower	
Daily	Indulge in our daily assortment of healthy treats, including freshly cut fruit, creamy yoghurts, and delectable cakes!						



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

Supper Week 6 10/02 – 14/02	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Coq Au Vin	Korean Style Chicken	Beef Lasagne	Chicken Tikka			
Vegetarian Main Course	Mushroom Bourguignon	Korean Style Tofu	Soya & Beans Lasagne	Vegetable Balti			
On The Side	Mashed Potatoes Roasted Carrots & Peas	Soy Noodles Steamed Broccoli with Sesame Dressing	Roasted Mediterranean Vegetables	Pilau Rice Indian Salad & Cucumber Raita			
Daily	Indulge in our daily assortment of healthy treats, including freshly cut fruit, creamy yoghurts, and delectable cakes!						

