



All dishes highlighted in green have one or more of the key features to be a Future Proof Food Dish

Monday 19 th January	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil	Leek & Potato	Sweet Potato & Coconut	Pea & Mint	Tomato
Main Meal	Chicken Noodles Topped with Ginger & Soy	Roast Chicken & Gravy	British Beef & Lentil Lasagne	Homemade Margarita Pizza	Cod Fish Fingers with Tartar Sauce & Lemon
Veggie Alternative	Sweet Chilli Tofu Noodles Topped with Ginger & Soy	Crustless Mushroom, Spinach & Brie Tart	Pest Gnocchi Gratin with Peppers & White Bean	Spinach & Ricotta Pizza	Mature Cheddar & Onion Pasty
On the Side	Peas, Sweetcorn	Sliced Carrots & Green Beans	Broccoli & Greens	Tossed Salad, Sweetcorn	Baked Beans, Mushy Peas & Oven Chips
Dessert	Sliced Fruit	Toffee & Banana Cake & Custard	Water Melon	Chocolate Brownie	Fruit Jelly
Freshly home baked bread, yoghurt pots and fresh salads					
holroyd howe <i>feeding independent minds</i>					