



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

Monday 12 th October	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil	Broccoli & Spinach	Curried Squash	Pea & Mint	Tomato
Main Meal	Jacket potato with Cheese, Baked Beans	Roast Chicken Pieces & Gravy	Sausage Meatball Bake in a Tomato Sauce with Pasta	Homemade Lamb Donna in a wrap, Chilli Sauce & Minted Yoghurt	Fish Fingers with Tartar Sauce & Lemon
Veggie Alternative	Jacket Potato with Veggie Bolognese	Field Mushroom Stuffed with Chickpeas & Beans	Gnocchi in a Tomato sauce topped with Vegan Cheese	Sweet Potato & Chickpea Falafel	Mature Cheddar & Onion Pasty
On the Side	Peas & Sweetcorn	Carrots & Cabbage, Skin on Roast Potatoes	Broccoli & Green Beans	Mixed Salad, Sweetcorn & 50/50 Rice	Baked Beans, Mushy Peas & Oven Chips
Dessert	Sliced Fruit	Jam & Coconut Sponge & Custard	Watermelon	Wildfarmed Cocoa Date Fudge	Fruit Jelly
Freshly home baked bread, yoghurt pots and fresh salads					

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