



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

| Monday 13 <sup>th</sup> October                         | Monday  | Tuesday  | Wednesday   | Thursday                                   | Friday                                     |
|---|---|--|---|--|--|
| <b>Soup</b>   | Minestrone                                    | Pea & Mint   | Cauliflower Cheese  | Spiced Butternut Squash                    | Tomato                                     |
| <b>Main Meal</b>  | Beef & Lentil Bolognese with Wholegrain Pasta | Roast Chicken, Skin on Roast Potatoes with Lemon & Thyme Gravy | Mild Beef Chilli Con Carne topped with Tortilla Chips & Cheddar | Homemade Margarita Pizza                   | Cod Fish Fingers with Tartar Sauce & Lemon |
| <b>Veggie Alternative</b>                               | Herby Tomato Sauce with Wholegrain Pasta      | Potato, Green Lentil & Kale Frittata                           | Black Bean & Sweet Potato Enchiladas                            | Homemade Grilled Veg & Goat's Cheese Pizza | Onion & Sweet Potato Bhaji                 |
| <b>On the Side</b>                                      | Pea & Sweetcorn                               | Carrots & Seasonal Greens                                      | 50/50 Rice, Green Beans & Broccoli                              | Peas & Coleslaw                            | Mushy Peas, Beans & Oven Chips             |
| <b>Dessert</b>  | Fresh Fruit                                   | Apple & Berry Crumble & Custard                                | Sliced Melon  | Ice Cream                                  | Fruit Jelly                                |
| Freshly home baked bread, yoghurt pots and fresh salads |   |  |   |  |  |

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