



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

| Monday 17 <sup>th</sup> November | 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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