



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

Monday 20 <sup>th</sup> April	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Inset	Carrot, Cumin & Coriander	Spicy Bean	Pea & Mint	Tomato
<b>Main Meal</b>		Garlic & Thyme Roasted Chicken	Soya Mince & Vegetable Lasagne Topped with a Cheesy Sauce	Fajitas Filled with Chicken Strips with Sour Cream & Guacamole	Cod Fish Fingers with Tatar Sauce & Lemon
<b>Veggie Alternative</b>		Plant Based Sausages	Aubergine & Mozzarella Parmigiana	Black Bean & Sweet Potato Pattie Sour Cream & Guacamole	Fishless Fingers
<b>On the Side</b>		Roast Potatoes, Gravy, Carrots & Green Beans	Broccoli & Seasonal Greens	50/50 Rice, Corn on the Cob & Slaw	Baked Beans, Mushy Peas & Oven Chips
<b>Dessert</b>	Inset	Apple & Pear Crumble & Custard	Melon	Chocolate Brownie	Fruit Jelly
Freshly home baked bread, yoghurt pots and fresh salads  feeding independent minds					