



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

Monday 22 nd September	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Minestrone	Pea & Mint	Cauliflower Cheese	Spiced Butternut Squash	Tomato
Main Meal	Beef & Lentil Bolognese with Wholegrain Pasta	Roast Chicken with Lemon & Thyme Gravy	Mild Beef Chilli Con Carne Topped with Tortilla Chips & Cheddar	Homemade Grilled Vegetables & Goat's Cheese Pizza	Battered Fish with Tartar Sauce & Lemon
Veggie Alternative	Herby Tomato Sauce with Wholegrain Pasta	Potato, Green Lentil & Kale Frittata	Black Bean & Sweet Potato Enchiladas	Homemade Margarita Pizza	Onion & Sweet Potato Bhaji
On the Side	Peas & Sweetcorn	Skin on Roast Potatoes, Carrots, Seasonal Greens	Steamed Rice, Green Beans, Broccoli &	Peas & Coleslaw	Mushy Peas, Beans & Oven Chips
Dessert	Whole 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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