



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

Monday 28 th September	Monday	Tuesday	Wednesday	Thursday	Friday
Soup		Root Vegetable	Pea & Mint	Leek & Potato	Tomato
Main Meal	Packed Lunch	Mushroom, Spinach & Ricotta Parcel	Homemade Pork Sausage Rolls	Vegetable & Chickpea Pakora	Fish Cakes with Tartar Sauce & Lemon
Veggie Alternative	Space Day	Thyme & Garlic Roasted Chicken	Homemade Veggie Sage & Onion Sausage Rolls	Mild Chicken Curry, Mango Chutney & Riata	Cheesy Baked Bean Burrito
On the Side		Skin on Roast Potato Broccoli & Green Beans	Carrots & Greens & Garlic & Paprika Wedges	50/50 Rice, Chopped Salad & Sweetcorn	Baked Beans, Mushy Peas & Oven Chips
Dessert		Carrot Cake & Custard	Watermelon	Chocolate Brownie	Fruit Jelly
	Freshly home baked bread, yoghurt pots and fresh salads				

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