



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

Monday 29 <sup>th</sup> September	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Tomato & Basil	Carrot, Cumin & Coriander	White Onion & Bean	Pea & Mint	Tomato
<b>Main Meal</b>	Chicken & Chickpea Jambalaya	Homemade Pork Sausage Roll	Soya Mince Shepherd's Pie with Green Lentils & Root Vegetable	Chicken Fajitas with Peppers, Red onion, Guacamole & Sour Cream	Fish Cake with Tartar Sauce & Lemon
<b>Veggie Alternative</b>	Tomato, Olives & Mozzarella with Wholegrain Pasta	Butter Bean, Leek & Kale Gratin	Vegan Feta & Butternut Squash Parcel	Black Bean & Chickpea Falafel in a Wrap with Guacamole	Mature Cheddar & Onion Pasty
<b>On the Side</b>	Peas & Sweetcorn	Skin on Wedges, Carrots, Homemade Baked Beans	Broccoli & Seasonal Greens	50/50 Rice, Sweetcorn Salsa & Green Beans	Mushy Peas, Beans & Oven Chips
<b>Dessert</b>	Fresh Fruit	Chocolate Cake & Custard	Sliced Melon	Ginger Cookie	Fruit Jelly
Freshly home baked bread, yoghurt pots and fresh salads					

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