



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

Monday 12 th January	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil	Pea & Mint	Carrot, Cumin & Coriander	Mexican Bean	Tomato
Main Meal	Mac & Cheese Topped with a Herb Crumb	Chicken Chasseur	Frankfurter in a Roll	Chicken Tikka with Mild Curry Sauce	Fish Cakes with Tartar Sauce & Lemon
Veggie Alternative	Herby Tomato Sauce with Wholegrain Pasta	Bean & Tofu Burger with Chasseur Sauce	Plant Based Sausage in a Roll	Potato, Green Lentil & Spinach Samosa	Tomato & Mozzarella Stromboli
On the Side	Peas, Sweetcorn & Garlic Bread	New Potatoes, Green Beans & Carrots	Garlic Wedges & Onion, Mixed Slaw & Broccoli	50/50 Rice, Green Salad, Peas & Naan	Baked Beans, Mushy Peas & Oven Chips
Dessert	Sliced Fruit	Carrot & Coconut Cake & Custard	Melon	Short Bread Biscuit	Fruit of the Forest Jelly
Freshly home baked bread, yoghurt pots and fresh salads 					