



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

Monday 6 th October	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil	Root Vegetable	Tuscan Bean	Pea & Mint	Tomato & Lentil
Main Meal	White Bean Pesto with Wholegrain Pasta & Garlic Bread	Cumberland Pork Sausages	British Beef & Lentil Lasagne	Mild Chicken Curry Mango Chutney, Riata & Garlic Naan	Fish Fingers with Tartar Sauce & Lemon
Veggie Alternative	Mac & Cheese Topped with a Herb Crumb	Veggie Sausages	Aubergine & Mozzarella Parmigiana	Green Lentil & Chickpea Dahl, Mango Chutney, Riata & Garlic Naan	Fishless Fingers
On the Side	Peas & Sweetcorn	Mash & Onion Gravy, Carrots & Seasonal Greens	Broccoli & Mixed Salad	50/50 Rice, Cauliflower & Sweetcorn	Mushy Peas, Beans & Oven Chips
Dessert	Fresh Fruit	Peach & Apricot Crumble	Sliced Melon	Chocolate Brownie	Fruit Jelly
Freshly home baked bread, yoghurt pots and fresh salads					

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