



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

Monday 18 <sup>th</sup> March Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Tomato & Mint	White Bean & Kale	Lightly Curried Carrot & Sweet Potato	Leek & Potato	Tomato & Basil
<b>Main Meal</b>	Mac & Cheese topped with Mature Cheddar	Shepherd's Pie with Lentils & Root Veg	Chicken, Mushroom & Tarragon with Braised Rice	Homemade Beef Burger in a Bun	Cod Fish Fingers
<b>Veggie</b>	Mediterranean Vegetables with Wholegrain Pasta	Roasted Butternut Squash Risotto	Vegan Sausage & Root Vegetable Casserole	A Large Garlic Mushroom topped with Vegan Mozzarella in a Bun	Fishless Fingers
<b>On the Side</b>	Garlic Bread, Peas & Sweetcorn	Carrots & Green Beans	Cauliflower & Greens	Oven Roasted Jacket Wedges, Sweetcorn & Chopped Salad	Mushy Peas Baked Beans Oven Chips
<b>Dessert</b>	Fresh Whole Fruit	Apple & Pear Crumble & Custard	Fresh Fruit Slices	Fruity Cereal Bar	Forest Fruit Jelly
	Freshly baked bread, yoghurt pots and fresh salads			<b>holroyd howe</b> feeding independent minds	