CarrHouseMushy

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

Monday 22nd January Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato	Cauliflower Cheese	Carrot & Ginger	Sweetcorn & Noodle	Tomato & Basil
Main Meal	Veggie Mince Bolognaise with Wholegrain Pasta	Slow Cooked Leg of Pork with Crackling, Apple Sauce & Gravy	Wholemeal Chicken Fajitas with Roasted Vegetables, Guacamole & Sour Cream	Beef & lentil Lasagne	Fishcakes with Tartar Sauce & Lemon
Veggie	Button Mushroom Carbonara	Pulled Jackfruit With Apple Sauce	Buffalo Cauliflower Wings, Guacamole & Sour Cream	Mature Cheddar & Spring Onion Omelette	Bean & Chickpea Pattie topped with Vegan Cheese
On the Side	Garlic Bread, Peas & Sweetcorn	Carrots, Seasonal Greens & Roast Potatoes	50/50 Rice, Sweetcorn & Slaw	Green Beans & Carrots	Mushy peas, Baked Beans & Oven Baked Chips
Dessert	Whole Fresh Fruit	Chocolate Cake & Chocolate Sauce	Sliced Water Melon	Ice Cream	Forest Fruit Jelly
	Freshly baked bread, yoghurt pots and fresh salads				

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