



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

Monday 29 th January Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Mint	White Bean & Kale	Lightly Curried Squash	Leek & Potato	Tomato & Basil
Main Meal	Mac & Cheese topped with Mature Cheddar	Shepherd's Pie with Lentils & Root Veg	Chicken with Ginger & Spring Onions	Homemade Beef Burger in a Bun	Cod Fish Fingers
Veggie	Mediterranean Vegetables with Wholegrain Pasta	Roasted Butternut Squash Risotto	Tofu with Broccoli, Mushrooms & Sesame	A Large Garlic Mushroom topped with Vegan Mozzarella in a Bun	Fishless Fingers
On the Side	Garlic Bread, Peas & Sweetcorn	Carrots & Green Beans	Vegetable Chow Mein, Cauliflower & Greens	Oven Roasted Jacket Wedges, Sweetcorn & Chopped Salad	Mushy Peas Baked Beans Oven Chips
Dessert	Fresh Whole Fruit	Apple & Pear Crumble & Custard	Fresh Fruit Slices	Fruity Cereal Bar	Forest Fruit Jelly
Freshly baked bread, yoghurt pots and fresh salads				holroyd howe feeding independent minds	