

Butternut Squash peppers and peas Fajitas Butternut Squash peppers and peas Fajitas



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

Monday 20 <sup>th</sup> January Wk3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Plum Tomato	Carrot & Red Lentil	Pea & Mint	Tuscan Bean	Tomato & Basil
<b>Main Meal</b>	Wholegrain Pasta, Rocket & Basil Pesto	Cumberland Pork Sausage & Mash with Onion Gravy	Chicken Fajitas in Wholegrain Wraps with Guacamole & Sour Cream	British Beef & Lentil Lasagne Topped with Mature Cheddar	Fishcakes with Tartar Sauce & Lemon
<b>Veggie Alternative</b>	Quorn Mince & Wholegrain Pasta Bolognese	Veggie Sausage & Mash with Onion Gravy	Tofu & Chickpea Fajitas with Wholegrain Wraps With Guacamole	Butternut Squash & Sage Risotto	Plum Tomato & Mozzarella Calzone
<b>On the Side</b>	Peas & Sweetcorn, Garlic Bread	Seasonal Greens & Carrots	50/50 Rice, Green Beans & Chopped Salad	Peas & Sweetcorn	Mushy Peas, Beans & Oven Baked Chips
<b>Dessert</b>	Whole Fresh Fruit	Brambly Apple Crumble & Custard	Sliced Water Melon	Chocolate Brownie	Fruits of the Forest Jelly
Freshly baked bread, yoghurt pots and fresh salads				 feeding independent minds	