



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

Monday 3 rd February Wk2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Minestrone	Broccoli & Spinach	Carrot, Cumin & Coriander	Garlic, Lentil & Tomato	Tomato & Basil
Main Meal	Jacket Potato with Bean Chilli	Garlic & Thyme Roasted Chicken	Wholegrain Pasta Bolognese	Chicken Breast & Curry Sauce with Riata & Mango Chutney	Fish Fingers with Tartar Sauce & Lemon
Veggie Alternative	Jacket Potato with Cheese or Beans	Mature Cheddar & Spring Onion Omelette	Aubergine & Mozzarella Parmigiana	Potato & Pea Filo Wrapped Samosa	Fishless Fingers
On the Side	Peas & Sweetcorn	Skin on Roast Potatoes, Carrots, Seasonal Greens	Green Beans, Broccoli & Garlic Bread	Garlic Naan, 50/50 Rice, Peas & Carrots	Mushy Peas, Beans & Oven Baked Chips
Dessert	Whole Fresh Fruit	Vanilla Sponge & Custard	Sliced Water Melon	Chocolate Cookies	Baked Rice Pudding & Jam
<p>Freshly home baked bread, yoghurt pots and fresh salads</p> <p>holroyd howe feeding independent minds</p>					