



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

Monday 3 <sup>rd</sup> February Wk2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Minestrone	Pea & Spinach	Lentil & Tomato	Carrot, Cumin & Coriander	Tomato & Basil
<b>Main Meal</b>	Jacket Potato with Bean Chilli	Garlic & Thyme Roasted Chicken	Ash Wednesday Fish Pie topped with Mash	Chicken Breast & Curry Sauce with Riata & Mango Chutney	Fish Fingers with Tartar Sauce & Lemon
<b>Veggie Alternative</b>	Jacket Potato with Cheese or Beans	Mature Cheddar & Spring Onion Omelette	Aubergine & Mozzarella Parmigiana	Chickpea & Vegetable Filo Wrapped Samosa	Fishless Fingers
<b>On the Side</b>	Peas & Sweetcorn	Skin on Roast Potatoes, Carrots, Seasonal Greens	Green Beans & Broccoli	Garlic Naan, 50/50 Rice, Peas & Carrots	Mushy Peas, Beans & Oven Baked Chips
<b>Dessert</b>	Whole Fresh Fruit	Pancakes with Chocolate or Strawberry Sauce	Sliced Water Melon	Chocolate & Raspberry Cake	Baked Rice Pudding & Jam
Freshly home baked bread, yoghurt pots and fresh salads					

**holroyd howe**  
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