



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

Monday 10 th February Wk3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Plum Tomato	Carrot & Red Lentil	Pea & Mint	Tuscan Bean	Tomato & Basil
Main Meal	Quorn Bolognese with Wholegrain Pasta	Cumberland Pork Sausage & Mash with Onion Gravy	Chicken Fajitas in Wholegrain Wraps with Guacamole & Sour Cream	British Beef & Lentil Lasagne Topped with Mature Cheddar	Fish Cakes with Tartar Sauce & Lemon
Veggie Alternative	Wholegrain Pasta, Rocket & Basil Pesto	Veggie Sausage & Mash with Onion Gravy	Tofu & Chickpea Fajitas with Wholegrain Wraps with Guacamole	Roasted Butternut Squash & Sage Risotto	Plum Tomato & Mozzarella Calzone
On the Side	Peas & Sweetcorn, Garlic Bread	Seasonal Greens & Carrots	50/50 Rice, Chopped Salad & Green Beans	Peas & Sweetcorn	Mushy Peas, Beans & Oven Baked Chips
Dessert	Whole Fresh Fruit	Brambley Apple Crumble & Custard	Sliced Water Melon	Chocolate Brownie	Fruits of the Forest Jelly
Freshly home baked bread, yoghurt pots and fresh salads					

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