



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

Monday 10 th March	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Plum Tomato	Carrot & Red Lentil	Pea & Mint	Tuscan Bean	Tomato & Basil
Main Meal	Vegetable & Lentil 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	Fishcakes with Lemon and Tartar Sauce
Veggie Alternative	Wholegrain Pasta, Rocket & Basil Pesto	Veggie Sausage & Mash with Onion Gravy	Bean & Chickpea Falafels with Wholegrain Wraps With Guacamole	Mushroom & Truffle Risotto	Plum Tomato & Mozzarella Calzone
On the Side	Peas & Sweetcorn, Garlic Bread	Seasonal Greens & Carrots	50/50 Rice, Green Beans & Chopped Salad	Peas & Broccoli	Mushy Peas, Baked Beans & Oven Chips
Dessert	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	