



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

Monday 3 rd November	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil	Carrot, Cumin & Coriander	White Onion & Bean	Pea & Mint	Tomato
Main Meal	Jacket Potato with Beans, Cheddar Cheese	Homemade Pork Sausage Roll with Skin on Wedges	Chicken, Red Lentil & Pepper Pasta Topped with Mozzarella	Chicken Fajitas with Peppers, Red Onions, Guacamole & Sour Cream	Fish Cakes with Tartar Sauce & Lemon
Veggie Alternative	Jacket Potato with Soya Mince Chilli	Butter Bean, Leek & Kale Gratin	Tomato, Red Lentil & Pepper Pasta	Black Bean & Chickpea Falafel in a Wrap with Guacamole	Black Bean & Chickpea Falafel in a Wrap with Guacamole
On the Side	Peas & Carrots	Green Beans & Homemade Baked Beans	Broccoli & Seasonal Greens	Sweetcorn Salsa, Carrots	Mushy Peas, Beans & Oven Chips
Dessert	Fresh Fruit	Chocolate Cake & Custard	Sliced Melon	Ginger Cookie	Fruit Jelly
Freshly home baked bread, yoghurt pots and fresh salads					

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