



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

| Monday 5 <sup>th</sup><br>January                       | Monday | Tuesday                                      | Wednesday  | Thursday                           | Friday                                     |
|---|--------|--|--|------------------------------------|--|
| <b>Soup</b>   | INSET  | Pea & Mint                                   | Sweetcorn  | Carrot & Red Lentil                | Tomato                                     |
| <b>Main Meal</b>  |        | Pork Sausages                                | Soya Mince Bolognaise with Wholegrain Pasta      | Peri Peri Chicken Pieces & Sauce   | Cod Fish fingers with Tartar Sauce & Lemon |
| <b>Veggie Alternative</b>                               |        | Mushroom, Green Lentil & Butter Bean Hot Pot | Sundried Tomato, Cannellini Bean & Pesto Risotto | Vegan Cheese Chilli Bean Burrito   | Fishless Fingers                           |
| <b>On the Side</b>                                      |        | Skin on Wedges, Green Beans & Carrots        | Seasonal Greens & Broccoli                       | Dirty Rice, Corn on the Cob & Slaw | Baked Beans, Mushy Peas & Oven Baked Chips |
| <b>Dessert</b>  |        | Apple & Berry Crumble & Custard              | Melon  | Ice cream                          | Fruit Jelly                                |
| Freshly home baked bread, yoghurt pots and fresh salads |        |  |  |                                    |  |

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