




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

Monday 16th September Wk3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil	Warming Parsnip	Cauliflower & Coconut	Spiced Bean	Tomato
Main Meal	Jacket Potato Bar	Garlic & Thyme Roasted Chicken	Spaghetti Bolognaise	Homemade Chicken & Pepper Pizza	Fish Cakes with Tartar Sauce & Lemon
Veggie Alternative	Baked Beans, Mature Cheddar, Veggie Chilli	Red Pepper, Courgette & Feta Omelette	Wholegrain Pasta Arrabiata with Spinach & Mushroom	Homemade Mozzarella & Pesto Pizza	Vegan Sausage Rolls
On the Side	Peas & Carrots	Skin on Roast Potatoes, Carrots & Seasonal Greens	Green Beans & Carrots	Sweetcorn & Coleslaw	Chips, Baked Beans & Mushy Peas
Dessert	Fruit, Jelly Yoghurt, Freshly Baked Bread	Fruit, Jelly Yoghurt, Freshly Baked Bread	Fruit, Jelly Yoghurt, Freshly Baked Bread	Fruit, Jelly Yoghurt, Freshly Baked Bread	Fruit, Jelly Yoghurt, Freshly Baked Bread
Freshly baked bread, yoghurt pots and fresh salads				 feeding independent minds	