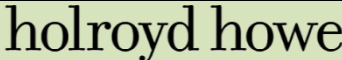




All dishes highlighted in green have one or more of the key features to be a Future Proof Food Dish

Monday 20 th May Wk3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil	Lightly Spiced Cauliflower	Carrot & Red Lentil	Sweetcorn Chowder	Tomato & Basil
Main Meal	Jacket Potato Bar	Roast Chicken with Gravy & Roast Potatoes	Lamb Kofta in a Pitta Bread with Tzatziki and Chilli Sauce	Beef & Lentil Lasagne	Fish Cakes with Tartar Sauce & Lemon
Veggie Alternative	Toppings Baked Beans Cheddar Cheese Veggie Chilli	Chestnut Mushroom Rissoto	Feta & Spinach Filo Parcel	Leek & Goat's Cheese Quiche	Chilli Bean Enchiladas
On the Side	Peas & Sweetcorn	Carrots, Seasonal Greens	50/50 Rice, Sweetcorn & Chopped Salad	Carrots & Green Beans	Mushy Peas Baked Beans Oven Chips
Dessert	Whole Fresh Fruit	Jam & Coconut Sponge	Sliced Water Melon	Strawberry Icecream	Forest Fruit Jelly
Freshly baked bread, yoghurt pots and fresh salads				 feeding independent minds	