

Monday 25 th November Wk3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil	Roasted Parsnip	Cauliflower & Coconut		Tomato
Main Meal	Pasta Pomodoro	Garlic & Thyme Roasted Chicken	'Spaghetti Bolognese'	Packed Lunch	Cod Fish Fingers with Tartare Sauce & Lemon
Veggie	Pesto Pasta	Cauliflower & Cannellini Bean Bake	Wholegrain Pasta Arrabiatta with Spinach		Mature Cheddar & Onion Omelette
On the Side	Peas & Carrots	Skin on Roast Potatoes, Carrots & Seasonal Greens	Green Beans & Broccoli		Mushy peas, Baked Beans & Oven Baked Chips
Dessert	Whole Fresh Fruit	Chocolate Bread & Butter Pudding with Custard	Sliced Water Melon		Forest Fruit Jelly
Homemade Bread, Yoghurt & Jelly holroyd howe feeding independent minds					