

Week beginning 14th September 2020



All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish – increasing sustainable protein consumption, reducing food waste and eating more local and seasonal produce.



Feltonfleet

PREPARATORY SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal One	Future Proof Food Day - Every dish! Roasted chickpea & tomato chutney pita	Minced beef, carrot & onion casserole	"Pasta my way.." Penne pasta with: Smokey bacon & pea	Sticky BBQ boneless chicken thighs with salsa	<u>"Sustainable Friday"</u> Cod fish fingers with tomato ketchup & lemon mayonnaise
Main Meal Two	Lamb & barley shepherds pie with potato mash top	Red Lentil & vegetable "sausage" roll	Or Chunky tomato & oregano	Mild bean & sweet potato chilli	Falafel with sweet chilli mayonnaise
On The Side	Roasted roots & green beans	Mashed potato, Peas	Garlic & herb bread, broccoli	Citrus rice, sweetcorn & mange tout	Chips baked beans & steamed peas
Dessert	Strawberry jam & coconut sponge	Fresh cut fruit pots yoghurt pots	Pineapple upside down cake	Fresh cut fruit pots yoghurt pots	Chocolate brownie
Every Day	Fresh cut fruit pots Crudités		Fresh cut fruit pots Crudités		Fresh cut fruit pots Crudités

NB: Sometimes it may be necessary to make a change to the published menu due to deliveries and availability of ingredients.