

**MENU – week 3**

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|  | **Monday****Around the world** | **Tuesday****Family** **Favourites** | **Wednesday****Wonderful Roast** | **Thursday****Julie’s Jackets** | **Friday****Fish Friday** |
| Lunch | Beef goulash | Lasagne  | Roast turkey with all the trimmings and gravy | Jacket potato with a choice of toppings | Scampi, chips and peas |
| Vegetarian option | Vegetable goulash | Vegetable lasagne | Quorn roast with all the trimmings | Jacket potato with a choice of toppings | Vegetable slice, chips and peas |
| Dessert | Melon wedge | Fruit jelly | Fresh fruit | Chocolate and pear muffin | Oat and raisin cookie |
| Free Fromoption | Beef goulashMelon wedge | LasagneJelly | Roast turkey with all the trimmings and gravyFresh fruit | Jacket potato with a choice of toppingsCake | Fish fingers, chips and peasBiscuit |
|  | **All meals will contain or be served with at least one portion of vegetables.****All hot puddings will be accompanied by custard or cream.****All roast dinners, sausage & mash and pie dishes will have the option of extra gravy.****All children will also be offered bread, a piece of fruit and a drink of milk or water with their main meal.** |