

**MENU – week 4**

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|  | **Monday**  **Around the world** | **Tuesday**  **Family**  **Favourites** | **Wednesday**  **Wonderful Roast** | **Thursday**  **Julie’s Jackets** | **Friday**  **Fish Friday** |
| Lunch | Chilli, rice and nachos | Parmesan chicken, chips and vegetables | Roast beef with all the trimmings and gravy | Jacket potato with a choice of toppings | Cod bites, potato croquettes and vegetables |
| Vegetarian option | Vegetable chilli, rice and nachos | Loaded potato skins and vegetables | Veggie sausage roast with all the trimmings | Jacket potato with a choice of toppings | Vegetable bites, potato croquettes and vegetables |
| Dessert | Peach | Blueberry muffin | Fresh fruit | Chocolate and raspberry cake | Flapjack |
| Free From  option | Chilli, rice and nachos  Peach | Chicken breast, chips and vegetables  Biscuit | Roast beef with all the trimmings and gravy  Fresh fruit | Jacket potato with a choice of toppings  Cake/Biscuit | Fishfingers, potato croquettes and vegetables  Flapjack/Biscuit |
|  | **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.** | | | | |