

**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 | Chicken chow mein and spring rolls | Pizza, potato wedges and vegetables | Roast beef with all the trimmings and gravy | Jacket potato with a choice of toppings | Scampi, chips and peas |
| Vegetarian option | Vegetable chow mein and spring rolls | Pizza, potato wedges and vegetables | Quorn roast with all the trimmings | Jacket potato with a choice of toppings | Vegetable slice, chips and peas |
| Dessert | Melon wedge | Trifle | Fresh fruit | Peach crumble | Apple muffin |
| Free From  option | Chicken chow mein and spring rolls  Melon wedge | Pizza, potato wedges and vegetables  Mousse/yoghurt | Roast beef with all the trimmings and gravy  Fresh fruit | Jacket potato with a choice of toppings  Peach crumble | Fish fingers, chips and peas  Cake/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.** | | | | |