

**MENU – week 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday****Around the world** | **Tuesday****Family** **Favourites** | **Wednesday****Wonderful Roast** | **Thursday****Julie’s Jackets** | **Friday****Fish Friday** |
| Lunch | Chicken balti, rice and naan bread | Spaghetti Bolognese  | Roast beef with all the trimmings and gravy | Jacket potato with a choice of toppings | Scampi, chips and peas |
| Vegetarian option | Vegetable balti, rice and naan bread | Veggie spaghetti Bolognese  | Quorn roast with all the trimmings | Jacket potato with a choice of toppings | Vegetable slice, chips and peas |
| Dessert | Mandarin segments | Raspberry and chocolate mousse cake | Fresh fruit | Apple crumble | Fruit muffin |
| Free Fromoption | Chicken balti, rice and naan breadMandarin segments | Spaghetti Bolognese Chocolate pudding | Roast beef with all the trimmings and gravyFresh fruit | Jacket potato with a choice of toppingsApple crumble | Fish fingers, chips and peasFruit muffin |
|  | **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.** |