

## MENU - week 4

	Monday Around the world	Tuesday Plant Based	Wednesday Wonderful Roast	Thursday Julie's Jackets	Friday Fish Friday
Lunch	Chilli, rice and nachos	Bean burger, potato wedges and vegetables	Roast Turkey with all the trimmings and gravy	Jacket potato with a choice of toppings	Fish cake, potato rosti and vegetables
Vegetarian option	Vegetable chilli, rice and nachos	Bean burger, potato wedges and vegetables	Quorn roast with all the trimmings	Jacket potato with a choice of toppings	Veggie fingers, potato rosti and vegetables
Dessert	Mandarin segments	Trifle	Fresh fruit	Madeira cake	Anzac biscuit
Free From option	Chilli, rice and nachos  Mandarin segments	Bean burger, potato wedges and vegetables Custard	Roast beef with all the trimmings and gravy Fresh fruit	Jacket potato with a choice of toppings  Cake	Fish fingers, chips and vegetables  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.				