

**MENU – week 1**

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|  | **Monday**  **Around the World** | **Tuesday**  **Plant Based** | **Wednesday**  **Wonderful Roast** | **Thursday**  **Julie’s Jackets** | **Friday**  **Fish Friday** |
| Lunch | Sweet and sour pork and rice | Spaghetti Bolognese | Roast beef with all the trimmings and gravy | Jacket potato with a choice of toppings | Breaded fish, chips and vegetables |
| Vegetarian option | Sweet and sour vegetables and rice | Spaghetti Bolognese | Quorn roast with all the trimmings | Jacket potato with a choice of toppings | Vegetable  fingers, chips and vegetables |
| Dessert | Mandarin segments | Pancakes and fruit | Fresh fruit | Honey cake | Custard biscuit |
| Free From  option | Sweet and sour pork  Mandarin segments | Spaghetti Bolognese  Pancakes and fruit | Roast beef with all the trimmings and gravy  Fresh fruit | Jacket potato with a choice of toppings  Cake | Fish fingers, chips and vegetables  Cookie/flapjack |
|  | **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.** | | | | |