

**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 |  Vegetablefingers, chips and vegetables |
| Dessert | Mandarin segments | Pancakes and fruit | Fresh fruit | Honey cake | Custard biscuit |
| Free Fromoption | Sweet and sour porkMandarin segments | Spaghetti BolognesePancakes and fruit | Roast beef with all the trimmings and gravyFresh fruit | Jacket potato with a choice of toppingsCake | Fish fingers, chips and vegetablesCookie/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.** |