

**MENU – week 3**

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|  | **Monday**  **Around the World** | **Tuesday**  **Plant Based** | **Wednesday**  **Wonderful Roast** | **Thursday**  **Julie’s Jackets** | **Friday**  **Fish Friday** |
| Lunch | Meatballs and spaghetti | Lentil and vegetable curry | Roast beef with all the trimmings and gravy | Jacket potato with a choice of toppings | Tuna pasta bake |
| Vegetarian option | Veggie meatballs and spaghetti | Lentil and vegetable curry | Falafel roast with all the trimmings | Jacket potato with a choice of toppings | Tuna pasta bake |
| Dessert | Bananas and custard | Pancakes and Fruit | Fresh fruit | Mousse | Homemade biscuit |
| Free From  option | Meatballs and spaghetti  Bananas and custard | Lentil and vegetable curry  fruit | Roast beef with all the trimmings and gravy  Fresh fruit | Jacket potato with a choice of toppings  Jelly | Tuna pasta bake  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.** | | | | |