

**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 Fromoption | Meatballs and spaghettiBananas and custard | Lentil and vegetable curryfruit | Roast beef with all the trimmings and gravyFresh fruit | Jacket potato with a choice of toppingsJelly | Tuna pasta bakeCookie/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.** |