

**MENU – week commencing 4th October 2021**

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|  | **Meat Free Monday** | **Tuesday**  **Choose Day** | **Wednesday**  **Wonderful Roast** | **Thursday**  **Julie’s Jackets** | **Friday**  **Fish Friday** |
| Lunch | Vegetable stir-fry and rice | Sausages, sautéed potatoes and vegetables | Roast turkey with all the trimmings and gravy | Jacket potato with a choice of toppings | Jumbo fish fingers, chips and vegetables |
| Vegetarian option | Vegetable stir-fry and rice | Veggie sausages, sautéed potatoes and vegetables | Veggie sausage roast with all the trimmings | Jacket potato with a choice of toppings | Vegetable slice, chips and vegetables |
| Dessert | Peach slices | Sponge and custard | Flapjack | Fruit | Cake |
| Free From  option | Vegetable stir-fry and rice  Peach slices | Sausages, sautéed potatoes and vegetables  Custard | Roast turkey with all trimmings and gravy  Biscuit | Jacket potato with a choice of toppings  Fruit | 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.** | | | | |