

## MENU - week 4

|                      | Monday Around the world  | Tuesday<br>Family<br>Favourites                   | Wednesday<br>Wonderful Roast                        | Thursday<br>Julie's Jackets             | Friday<br>Fish Friday                                   |  |  |
|----------------------|--|---|---|---|---|--|--|
| Lunch                | Chilli, rice and nachos  | Hotdog, chips and vegetables                      | Roast turkey with all<br>the trimmings and<br>gravy | Jacket potato with a choice of toppings | Cod bites, potato<br>croquettes and<br>vegetables       |  |  |
| Vegetarian<br>option | Veggie chilli, rice<br>and nachos  | Veggie hotdog, chips and vegetables               | Veggie sausage roast with all the trimmings         | Jacket potato with a choice of toppings | Vegetable bites,<br>potato croquettes and<br>vegetables |  |  |
| Dessert              | Peach  | Mousse  | Fresh fruit   | Pineapple cake                          | Ginger biscuit  |  |  |
| Free From option     | Chilli, rice and nachos  | Hotdog, chips and<br>vegetables<br>Mousse/yoghurt | Roast turkey with all<br>the trimmings and<br>gravy | Jacket potato with a choice of toppings | Fish fingers, potato croquettes and vegetables          |  |  |
|                      | Peach  |   | Fresh fruit   | Pineapple cake                          | Flapjack/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 m |   |   |   |   |  |  |