



MENU – week 3

	Monday Around the world	Tuesday Family Favourites	Wednesday Wonderful Roast	Thursday Julie's Jackets	Friday Fish Friday
Lunch	Chicken chow mein and spring rolls	Pizza, potato wedges and vegetables	Roast beef with all the trimmings and gravy	Jacket potato with a choice of toppings	Scampi, chips and peas
Vegetarian option	Vegetable chow mein and spring rolls	Pizza, potato wedges and vegetables	Quorn roast with all the trimmings	Jacket potato with a choice of toppings	Vegetable slice, chips and peas
Dessert	Melon wedge	Trifle	Fresh fruit	Peach crumble	Apple muffin
Free From option	Chicken chow mein and spring rolls Melon wedge	Pizza, potato wedges and vegetables Mousse/yoghurt	Roast beef with all the trimmings and gravy Fresh fruit	Jacket potato with a choice of toppings Peach crumble	Fish fingers, chips and peas Cake/biscuit
	<p>All meals will contain or be served with at least one portion of vegetables.</p> <p>All hot puddings will be accompanied by custard or cream.</p> <p>All roast dinners, sausage & mash and pie dishes will have the option of extra gravy.</p> <p>All children will also be offered bread, a piece of fruit and a drink of milk or water with their main meal.</p>				