



MENU – week 3

	Meat Free Monday	Tuesday Choose Day	Wednesday Wonderful Roast	Thursday Julie's Jackets	Friday Fish Friday
Lunch	Vegetable jambalaya	Tomato and bacon pasta bake	Roast beef with all the trimmings and gravy	Jacket potato with a choice of toppings	Scampi, chips and peas
Vegetarian option	Vegetable jambalaya	Tomato pasta bake	Falafel roast with all the trimmings	Jacket potato with a choice of toppings	Vegetable fingers, chips and peas
Dessert	Bananas and custard	Mousse	Fresh fruit	Toffee cake	Custard biscuit
Free From option	Vegetable jambalaya Bananas and custard	Tomato and bacon pasta bake Vanilla Pudding	Roast beef with all the trimmings and gravy Fresh fruit	Jacket potato with a choice of toppings Cake	Fish fingers, chips and peas Cookie/flapjack
	<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>				