

**MENU – week commencing 27th September 2021**

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|  | **Meat Free Monday** | **Tuesday**  **Choose Day** | **Wednesday**  **Wonderful Roast** | **Thursday**  **Julie’s Jackets** | **Friday**  **Fish Friday** |
| Lunch | Tomato and mozzarella pasta | Teriyake chicken and rice | Roast beef with all the trimmings and gravy | Jacket potato with a choice of toppings | Breaded plaice goujons, chips and vegetables |
| Vegetarian option | Tomato and mozzarella pasta | Teriyake quorn and rice | Quorn roast with all the trimmings | Jacket potato with a choice of toppings | Vegetable fingers, potato chips and vegetables |
| Dessert | Mandarin segments | Yoghurt | Muffin | Fruit | Biscuit |
| Free From  option | Tomato pasta  Mandarin segments | Teriyaki chicken and rice  Custard | Roast beef 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.** | | | | |