

**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 Fromoption | Tomato pastaMandarin segments  | Teriyaki chicken and riceCustard  | Roast beef with all trimmings and gravyBiscuit | Jacket potato with a choice of toppingsFruit | Fish fingers, chips and vegetablesBiscuit |
|  | **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.** |