



MENU – week 4

	Meat Free Monday	Tuesday Choose Day	Wednesday Wonderful Roast	Thursday Julie's Jackets	Friday Fish Friday
Lunch	Vegetable curry and rice	Beef burger, chips and vegetables	Roast turkey with all the trimmings and gravy	Jacket potato with a choice of toppings	Fish cake, potato rosti and vegetables
Vegetarian option	Vegetable curry and rice	Veggie burger, chips and vegetables	Quorn roast with all the trimmings	Jacket potato with a choice of toppings	Veggie fingers, potato rosti and vegetables
Dessert	Mandarin segments	Cheesecake	Fresh fruit	Apple cake	Coconut crunch
Free From option	Vegetable curry and rice Mandarin segments	Beef burger, chips and vegetables Custard	Roast turkey with all the trimmings and gravy Fresh fruit	Jacket potato with a choice of toppings Cake	Fish fingers, chips and vegetables 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>				