

**MENU – week commencing 31st January 2022**

**\*\*Please note that the fish on a Friday may be substituted for a similar fish on the day due to current supply issues\*\***

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|  | **Meat Free Monday** | **Tuesday****Choose Day** | **Wednesday****Wonderful Roast** | **Thursday****Joyful Jackets** | **Friday****Fish Friday** |
| Lunch | Pasta bake with vegetables | Meatballs, rice and vegetables  | Roast beef with all the trimmings and gravy  | Jacket potato with a choice of toppings | Jumbo fish finger, chips and vegetables |
| Vegetarian option | Pasta bake with vegetables | Quorn meatballs, rice and vegetables  | Quorn roast with all the trimmings and gravy | Jacket potato with a choice of toppings | Veggie fingers, chips and vegetables |
| Dessert | Pineapple slices  | Mousse | Fruit | Yoghurt | Tutti Frutti sponge |
| Free Fromoption | Pasta bake with vegetablesPineapple slices  | Meatballs, rice and vegetablesBiscuit  | Roast beef with all trimmings and gravyFruit | Jacket potato with a choice of toppingsYoghurt | 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.** |