



## MENU – week 3

	<b>Monday Around the world</b>	<b>Tuesday Family Favourites</b>	<b>Wednesday Wonderful Roast</b>	<b>Thursday Julie's Jackets</b>	<b>Friday Fish Friday</b>
Lunch	Beef goulash	Chicken and leek pie with diced potatoes	Roast turkey with all the trimmings and gravy	Jacket potato with a choice of toppings	Scampi, chips and peas
Vegetarian option	Vegetable goulash	Vegetable pie with diced potatoes	Quorn roast with all the trimmings	Jacket potato with a choice of toppings	Vegetable slice, chips and peas
Dessert	Melon wedge	Mousse	Fresh fruit	Pineapple upside down cake	Oat and raisin cookie
Free From option	Beef goulash Melon wedge	Chicken and leek pie with diced potatoes Yoghurt	Roast turkey with all the trimmings and gravy Fresh fruit	Jacket potato with a choice of toppings Cake	‘Free From’ fish fingers, chips and peas Biscuit
	<p>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 &amp; 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.</p>				