



MENU – week commencing 23rd September

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

| | Meat Free Monday | Tuesday Choose Day | Wonderful Roast Wednesday | Thursday Joyful Jackets | Friday Fish Friday |
|--|--|-------------------------------------|-------------------------------------|---|---|
| Lunch | Vegan sausage roll with rosti and vegetables | Lasagne with garlic bread | Roast Gammon with all the trimmings | Jacket potato with a choice of toppings | Fishcake, chips and vegetables |
| Vegetarian Option | Vegan sausage roll with rosti and vegetables | Vegetable lasagne with garlic bread | Roast Quorn with all the trimmings | Jacket potato with a choice of toppings | Glamorgan sausage, chips and vegetables |
| Dessert | Fruit | Jelly | Apple cake | Fruit | Choc chip muffin |
| Free From Option | Heck sausage with chips and vegetables | Burger pasta bake | Roast Gammon with all the trimmings | Jacket potato with a choice of toppings | Fish fingers, chips and vegetables |
| Free From Dessert | Fruit | Jelly | Fruit smoothie | Fruit | Traybake |
| <p>All meals will contain or be served with at least one portion of vegetables. All roast dinners, sausage & mash and pie dishes will have the option of extra gravy. Please note that we may sometimes have to provide a similar substitute at short notice due to supply issues.</p> | | | | | |