



MENU – week commencing 4th November

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	Pasta with a choice of toppings	Cottage Pie with seasonal vegetables	Roast Sausage with all the trimmings	Jacket potato with a choice of toppings	Breaded fish, chips and vegetables
Vegetarian Option	Pasta with a choice of toppings	Lentil Pie with seasonal vegetables	Roast Quorn with all the trimmings	Jacket potato with a choice of toppings	Vegetable fingers, chips and vegetables
Dessert	Yoghurt	Fruit	Flapjack	Fruit	Frozen mousse
Free From Option	Pasta with a choice of toppings	'Free From' Cottage Pie	Roast Sausage with all the trimmings	Jacket potato with a choice of toppings	Breaded fish, chips and vegetables
Free From Dessert	Fruit smoothie	Fruit	Traybake	Fruit	Jelly
	<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>				