



MENU – week commencing 20th January

****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	Cheesy pizza with vegetable sticks and nachos	Mexican chicken nacho bake with rice	Roast Beef with all the trimmings	Jacket potato with a choice of toppings	Jumbo fish finger, chips and vegetables
Vegetarian Option	Cheesy pizza with vegetable sticks and nachos	Quorn and vegetable nacho bake with rice	Roast Falafel with all the trimmings	Jacket potato with a choice of toppings	Glamorgan sausage, chips and vegetables
Dessert	Fruit cocktail	Yoghurt	Choc chip cookie	Fruit	School cake
Free From Option	Cheesy pizza with vegetable sticks and nachos	Mexican chicken nacho bake with rice	Roast Beef with all the trimmings	Jacket potato with a choice of toppings	Fish fingers, chips and vegetables
Free From Dessert	Fruit cocktail	Fruit smoothie	Jelly	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>				