



MENU – week commencing 2nd October 2023

****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	Mild chicken curry with rice	Roast gammon with all the trimmings	Jacket potato with a choice of toppings	Fish burger, chips and vegetables
Vegetarian Option	Pasta with a choice of toppings	Mild quorn curry with rice	Roast quorn with all the trimmings	Jacket potato with a choice of toppings	Veggie burger, chips and vegetables
Dessert	Yoghurt	Fruit salad	Jelly	Fruit	Choc chip shortbread
Free From Option	Pasta with a choice of toppings Traybake	Mild chicken curry with rice Fruit salad	Roast gammon with all the trimmings Jelly	Jacket potato with a choice of toppings Fruit	Fish fingers, chips and vegetables Fruit smoothie
	<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>				