

**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\*\***

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|  | **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 FromOption | 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 |
|  | **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.** |