



MENU – week commencing 30th October 2023

	Meat Free Monday	Tuesday Choose Day	Wonderful Roast Wednesday	Thursday Joyful Jackets	Friday Fish Friday
Lunch	Pasta with a choice of toppings	Chicken fajita with rice	Roast beef with all the trimmings	Jacket potato with a choice of toppings	Breaded fish, chips and vegetables
Vegetarian Option	Pasta with a choice of toppings	Quorn fajita with rice	Roast quorn with all the trimmings	Jacket potato with a choice of toppings	Glamorgan sausage, chips and vegetables
Dessert	Fruit salad	Yoghurt	Muffin	Fruit	Apple and rhubarb crumble with custard
Free From Option	Pasta with a choice of toppings	Chicken fajita with rice	Roast beef with all the trimmings	Jacket potato with a choice of toppings	Fish fingers, chips and vegetables
Free From Dessert	Fruit salad	Fruit smoothie	Jelly	Fruit	Traybake
	<p style="text-align: center;">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>				