



MENU – week commencing 9th 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 | Vegan sausage roll with vegetable rice | Spaghetti Bolognese | Roast sausage with all the trimmings | Jacket potato with a choice of toppings | Fishcake, chips and vegetables |
| Vegetarian Option | Vegan sausage roll with vegetable rice | Quorn Bolognese | Roast veggie sausage with all the trimmings | Jacket potato with a choice of toppings | Bean burger, chips and vegetables |
| Dessert | Flapjack | Banana and custard | Fruit | Sprinkle cake | Jelly |
| Free From Option | Vegan sausage roll with vegetable rice Fruit smoothie | Spaghetti Bolognese Banana and custard | Roast sausage with all the trimmings Fruit | Jacket potato with a choice of toppings Traybake | Fish fingers, chips and vegetables 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> | | | | |