



MENU – week commencing 3rd October 2022

****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 bake with vegetables | Meatballs with rice | Roast sausage with all the trimmings | Jacket potato with a choice of toppings | Fishcake, chips and vegetables |
| Vegetarian option | Pasta bake with vegetables | Quorn meatballs with rice | Quorn sausage roast with all the trimmings | Jacket potato with a choice of toppings | Veggie sausage, chips and vegetables |
| Dessert | Fruit cocktail | Fruit smoothie | Angel Delight | Fruit | Flapjack |
| Free From option | Pasta bake with vegetables Fruit cocktail | Meatballs Fruit smoothie | Roast sausage with all trimmings Yoghurt | Jacket potato with a choice of toppings Fruit | Fish fingers, chips and vegetables Flapjack |
| | <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 a similar substitute may have to be provided at short notice due to supply issues.</p> | | | | |