

Week 1

1

Week starting:
31.08.20/ 21.09.20/
12.10.20/ 02.11.20/
23.11.20/ 14.12.20/
04.01.21/ 25.01.21

MONDAY
Homemade Cheese & Tomato Pizza
Chipped Potatoes, Beans & Seasonal salad
Fresh Fruit or Homemade Muffin & Fruit Slices with Custard

THURSDAY
Succulent Roast Beef Or Quorn Fillet
Gravy, Yorkshire pudding, Roast & Mash
Potatoes, Seasonal Vegetables
Fresh Fruit or Ice Cream

TUESDAY
All Day Breakfast Or Vegetarian All Day Breakfast
Baked Beans, Tomatoes & Hash Brown
Fresh Fruit or Yoghurt

FRIDAY
Oven Baked Salmon Bites
Or Veggie Nuggets
Chipped Potatoes, Smashed Peas or Baked Beans
Fresh Fruit & Yoghurt

WEDNESDAY
Juicy Meatballs in Gravy Or Vegetarian Meatballs in Gravy
Spaghetti & Seasonal Vegetables
Fresh Fruit or Sticky Toffee Pudding with Custard

Week 2

2

Week starting:
07.09.20/ 28.09.20/
19.10.20/ 09.11.20/
30.11.20/ 21.12.20/
11.01.21/ 01.02.21

MONDAY
Southern Style Quorn Burger
Herby Diced Potatoes, Peas or Baked Beans
Fresh Fruit or Yoghurt

THURSDAY
Roast pork Or Quorn Fillet
Gravy, Roast & Boiled Potatoes, Seasonal Vegetables
Fresh Fruit or Ice Cream

TUESDAY
Homemade Spaghetti Bolognese Or Vegetarian Spaghetti Bolognese
Fresh Seasonal Vegetables
Fresh Fruit or Yoghurt

FRIDAY
GF Lemon Sole Bites Or Veggie Meatballs
Homemade Jacket Wedges or Jacket Potato & Seasonal Vegetables
Fresh Fruit or American Pancake, Fruit Slices & Golden Syrup

WEDNESDAY
Reduced Fat Sausage & Mash Or Vegetarian Sausage & Mash
Rich Gravy, Peas or Baked Beans
Fresh Fruit or Chocolate & Beetroot Cake with Custard

Week 3

3

Week starting:
14.09.20/ 05.10.20/
26.10.20/ 16.11.20/
07.12.20/ 28.12.20/
18.01.21/ 08.02.21

MONDAY
Vegetable Pasta Bake
Garlic Slice & Seasonal Vegetables
Fresh Fruit & Yoghurt

THURSDAY
Roast Turkey Or Quorn Fillet
Gravy, Roast & Mash Potato, Seasonal Vegetables
Fresh Fruit or Ice Cream

TUESDAY
Chicken Burger Or Quorn Fillet Burger
Potato Wedges, Sweetcorn & Fresh Seasonal Salad
Fresh Fruit or Yoghurt

FRIDAY
Oven Baked Salmon Bites
Or Veggie Nuggets
Seasonal Salad, Mayo & Chipped Potatoes
Fresh Fruit or Chocolate Brownie with Custard

WEDNESDAY
Chicken Korma Curry Or Quorn Korma Curry
Rice, Flatbread & Seasonal Vegetables
Fresh Fruit or Homemade Marble Cake & Custard

Our menus continue to follow the Welsh Government's Food and Nutritional Standards set out in the Healthy Eating (Wales) Regulations 2013.
Go to www.food.gov.uk/ratings to find out the food hygiene rating of our schools or ask them to tell you their

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Welcome to our menu
Allergen information to accompany this menu is provided to staff for distribution upon request
Please contact us if your child has specialist dietary needs; we aim to provide a healthy balanced school meal for every pupil. A carbohydrate count of the menu for our diabetic diners is also available upon request
As an alternative to the main meal choose the
Salad Bar, A choice of crisp baked jacket potatoes with a variety of toppings,
or choose from our selection of filled Sub Rolls. All served with vegetables or salad.
See the school for more details.

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