

Week 1

Week starting:
6.01.20/ 27.01.20/
24.02.20/ 16.03.20/
20.04.20/ 11.04.20/
08.06.20/ 29.06.20

MONDAY
Mac & Cheese
Seasonal Vegetables
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

Week starting:
13.01.20/ 03.02.20/
02.03.20/ 23.03.20/
27.04.20/ 18.05.20/
15.06.20/ 06.07.20

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

THURSDAY
Juicy Pulled Pork &
Stuffing in a Bap
Or Quorn Fillet
Crunchy Apple Slaw with
Cucumber & Carrots
Sticks
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 in a
Soft Taco Shell
Or Veggie Meatballs
Sunshine Rice, Mayo &
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

Week starting:
20.01.20/ 10.02.20/
09.03.20/ 30.03.20/
04.05.20/ 01.06.20/
22.06.20/ 13.07.20

MONDAY
Loaded Veggie Pasta
Bake
Garlic Slice & Seasonal
Vegetables
Fresh Fruit & Yoghurt

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

TUESDAY
Chilli Con Carne
Poutine
Or Veggie Chilli Con
Carne Poutine
Seasonal Vegetables
Fresh Fruit or
Yoghurt

FRIDAY
Oven Baked Salmon Bites
in a Soft Tortilla
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



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.

