

Week 1

1

Week starting:
5-7-2021

MONDAY
Chicken & Vegetable or
Lentil & Vegetable
Pasta in Arrabiata
Sauce
Seasonal Salad
Fresh Fruit or
Homemade Muffin &
Fruit Slices

THURSDAY
Roast Turkey or Quorn
Fillet, Stuffing & Gravy
Roast & Boiled
Potatoes
Seasonal Vegetables
Fresh Fruit or Ice
Cream & Fruit Slices

TUESDAY
Homemade Lasagne or
Vegetable & Mixed
Bean Lasagne with
Garlic Bread
Sweetcorn or Peas
Fresh Fruit or
Homemade Cookie &
Fruit Slices

FRIDAY
Fish Fingers
Or Veggie Nuggets
Chipped Potatoes, Peas
or Baked Beans
Fresh Fruit or Sticky
Toffee Pudding

WEDNESDAY
Homemade Cheese
Wheel served with
Jacket Potato
Baked Beans & Seasonal
Salad
Fresh Fruit or Angel
Delight & Fruit Slices

Week 2

2

Week starting:
12-7-2021

MONDAY
Margarita Pizza
Smiley faces, Peas or
Baked Beans
Fresh Fruit or
Homemade Oat Cookie
& Fruit Slices

THURSDAY
Roast Pork & Stuffing
with Gravy or Quorn
Fillet
Boiled & Roast
Potatoes
Seasonal Vegetables
Fresh Fruit or Ice
Cream

TUESDAY
Homemade Spaghetti
Bolognese
Or Vegetarian Spaghetti
Bolognese
Fresh Seasonal
Vegetables
Fresh Fruit or Flapjack &
Fruit Slices

FRIDAY
GF Lemon Sole Bites
Or Veggie Nuggets
Homemade Jacket Wedges
or Jacket Potato &
Spaghetti Hoops
Fresh Fruit or American
Pancake, Fruit Slices &
Golden Syrup

WEDNESDAY
Chicken Casserole with
Rice & Vegetables
Or
Mixed Bean & Vegetable
with Rice & Vegetables
Fresh Fruit or
Chocolate & Beetroot
Cake with Custard

Week 3

3

Week starting:
19-7-2021

MONDAY
Pork or Vegetable
Meatballs in Gravy or
Tomato Sauce
Seasonal Vegetables
Fresh Fruit or
Homemade Marble
Cake & Custard

THURSDAY
Roast Beef with
Yorkshire pudding Or
Quorn Fillet & Gravy
Roast & Boiled
Potatoes
Seasonal Vegetables
Fresh Fruit or Ice
Cream

TUESDAY
Chicken Korma Curry
Or Quorn Korma
Curry
Rice, Flatbread &
Seasonal Vegetables
Fresh Fruit or
Strawberry Angel
Delight

FRIDAY
Oven Baked Salmon
Bites
Or Veggie Nuggets
Seasonal Salad or
Baked Beans &
Chipped Potatoes
Fresh Fruit or
Chocolate Brownie

WEDNESDAY
Reduced Fat Sausage &
Mash
Or Vegetarian Sausage
& Mash
Rich Gravy, Peas or
Baked Beans
Fresh Fruit or Ice
Cream

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

the **BIG FRESH** Catering company

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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

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