

# 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](http://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.*

