

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

