

Week 1

1

Week starting:
31.08.20/ 21.09.20/
12.01.20/ 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 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

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
Loaded Veggie 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 or Baked Beans & Chipped Potatoes
Fresh Fruit or Chocolate Brownie

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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