

# Week 1

1

### Week starting:

6/9/21, 27/9/21, 18/10/21  
8/11/21, 29/11/21, 20/12/21  
10/1/22, 31/1/22, 21/2/22  
14/3/22, 4/4/22

### MONDAY

Tomato & Basil Pasta  
Bake with Cheese  
Crusty Bread, Peas, &  
Sweetcorn  
Fresh Fruit or Yoghurt  
& Fruit Slices

### THURSDAY

Succulent Roast Beef  
or Quorn Fillet  
Yorkshire Pudding,  
Roast & Mashed Potato,  
Green Vegetable  
Medley & Carrots  
Fresh Fruit or  
Ice Cream

### TUESDAY

All Day Breakfast  
or Vegetarian All Day  
Breakfast  
Baked Beans, Tomatoes  
Fresh Fruit or  
Homemade Muffin with  
Custard

### FRIDAY

Oven Baked Battered  
Salmon Fillet  
or Veggie Nuggets  
Chipped Potatoes, Peas  
& Sweetcorn  
Fresh Fruit or  
Homemade Chocolate &  
Banana Sponge &  
Custard

### WEDNESDAY

Homemade Margarita  
Pizza  
Potato Wedges  
Side Salad & Baked  
Beans  
Fresh Fruit or Flap Jack  
& Fruit Slices

# Week 2

2

### Week starting:

13/9/21, 4/10/21, 25/10/21,  
15/11/21, 6/12/21, 27/12/21,  
17/1/22, 7/2/22, 28/2/22,  
21/3/22

### MONDAY

Reduced Fat  
Sausages or  
Vegetarian Sausages  
Chipped Potatoes &  
Peas  
Fresh Fruit or Angel  
Delight & Fruit Slices

### THURSDAY

Roast Pork Loin  
or Glamorgan Sausage  
Roast & Mashed Potato  
Stuffing, Carrot &  
Swede Mash, Broccoli  
Fresh Fruit or Artichoke  
Roll & Fruit Slices

### TUESDAY

Homemade Pasta  
Bolognese  
or Vegetarian Bolognese  
Peas & Sweetcorn  
Fresh Fruit or  
Cornflake Crisp

### FRIDAY

Fish Fingers  
or Glamorgan Sausage  
Smiley Faces &  
Baked Beans  
Fresh Fruit or  
Homemade Hot  
Chocolate Pudding &  
Vanilla Sauce

### WEDNESDAY

Homemade Chicken Curry  
or Lentil Curry  
Rice, Naan Bread &  
Seasonal Vegetables  
Fresh Fruit or  
Yoghurt  
& Fruit Slices

# Week 3

3

### Week starting:

20/9/21, 11/10/21, 1/11/21  
22/11/21, 13/12/21, 3/1/22  
24/1/22, 14/2/22, 7/3/22  
28/3/22

### MONDAY

Juicy Meatballs in Gravy  
or Vegetarian Meatballs  
in Gravy  
Pasta, Broccoli & Carrots  
Fresh Fruit or  
Homemade Ginger Cake  
with Custard

### THURSDAY

Roast Turkey  
or Quorn Fillet  
Stuffing, Roast &  
Mashed Potato, Green  
Vegetable Medley &  
Carrots  
Fresh Fruit or  
Ice Cream

### TUESDAY

Homemade Cheese  
Wheels  
Herby Diced Potatoes,  
Peas & Sweetcorn  
Fresh Fruit or  
Yoghurt & Fruit Slices

### FRIDAY

Oven Baked Battered  
Salmon Fillet  
or Glamorgan Sausage  
Jacket Wedges & Baked  
Beans  
Fresh Fruit or Homemade  
Apple Crumble with  
Custard

### WEDNESDAY

Homemade Pasta  
Bolognese  
or Vegetarian Bolognese  
& Carrots  
Fresh Fruit or  
Homemade Muffin 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](http://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 from our website

[www.bigfreshcatering.co.uk](http://www.bigfreshcatering.co.uk)

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