

Week 1

1

Week starting:
4/7/22 5/9/22 26/9/22
17/10/22
7/11/22 28/11/22 19/12/22

MONDAY
Home Baked
Cheese & Tomato Pizza
Or
Vegan Topped Pizza
Served with
Potato, Wedges
Baked Beans & Veggie
Sticks

THURSDAY
Yorkshire Pudding Filled
with Slow cooked Beef
or
Vegan Quorn Fillet
cooked in Gravy
Served with
Mashed/Roast Potato
Broccoli & carrots

TUESDAY
Home Made
Cottage Pie
Or
Vegan Mince Cottage Pie
Served with
Carrots & Broccoli
Gravy
&
Crusty Bread

FRIDAY
Oven Baked Salmon Fish
Fingers
or
Vegan Quorn Dippers
Served with
Chipped Potatoes
Sweetcorn/Peas
&
Baked Beans

WEDNESDAY
Home baked
Chicken Neapolitan Pasta
Bake
Or
Vegetable Neapolitan
Pasta Bake
Served with Peas
Sweetcorn & Crusty
Bread

Week 2

2

Week starting:
11/7/22 12/9/22 3/10/22
24/10/22
14/11/22 5/12/22 26/12/22

MONDAY
Cheesy Topped
Tomato Pasta Bake
Or
Vegan cheesy Topped
Pasta Bake
Served with
Carrots Peas
& Crusty Bread

THURSDAY
Roast Turkey
Or
Vegan Quorn Sausage
Served with
Roast/Mashed Potato,
Cabbage &
Carrot & Swede Mash
Mini Yorkshire pudding

TUESDAY
Beef Burger
Or
Vegan Bean burger
In a Bun
Herbie Diced Potatoes
Crunchy Slaw
Baked Beans/Sweetcorn

FRIDAY
Birdseye
Fish Fingers
or
Fishless Fingers
Served with
Chipped Potatoes
Sweetcorn
&
Crusty Bread

WEDNESDAY
Homemade Beef
Bolognese
Or
Vegan Bolognese
Served with Pasta
Seasonal Vegetables
Crusty Bread

Week 3

3

Week starting:
18/7/22 19/9/22 10/10/22
31/10/22 21/11/22
12/12/22 2/1/23

MONDAY
Pork Meatballs
or
Vegan Meatballs
cooked in Gravy
Served with
Pasta
Broccoli/Carrots/Peas
&
Crusty Bread

THURSDAY
Roast Chicken Fillet
Or
Vegan Quorn Fillet
Served with
Roast/Mashed Potato
Peas/Broccoli/Carrots
Mini Yorkshire pudding
&
Crusty Bread

TUESDAY
Chicken Burger
Or
Vegan Quorn Fillet
in a Bun
Served with
Potato Wedges
&
Veggie Sticks

FRIDAY
Oven Baked Salmon Bites
or
Vegan Sausages
Served with
Jacket Wedges
Baked Beans
Peas/Sweetcorn
Veggie Sticks

WEDNESDAY
Homemade Beef
Bolognese
or
Vegetable Bolognese
Served with Pasta
Peas/Broccoli
&
Crusty Bread



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 September 2022 menu
A Selection of Dessert available daily

Fresh Fruit/Yogurt/Cheese & Crackers/ Cookies and Welsh cakes with fresh fruit.

Ice Cream with fresh fruit every Thursday

Vegan Cookies/Fresh Fruit/Vegan Cheese & Crackers/Jelly

Allergen information to accompany this menu is held in the Kitchen available upon request

Please contact us if your child has specialist dietary needs; we aim to provide a healthy balanced school meal for every pupil.
www.bigfreshcatering.co.uk

Fresh Bread available daily for all

