

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1st Jan, 22nd Jan, 19th Feb
12th Mar

**Chicken Chow Mein
Potato & Courgette Layer Bake**
Sweetcorn & Green Beans
Fruit Yoghurt & Shortbread
Yoghurt / Fruit Platter

**Wholemeal Chicken & Red Pepper Pizza
with Baked Potato**
Lentil & Vegetable Curry with Rice
Roasted Vegetables
Apple & Mixed Berry Crumble
with Custard
Yoghurt / Fruit Chunks

**Roast (as advertised) with Roast Potatoes
& Gravy**
**Cheese & Pepper Whirl with
Roast Potatoes**
Carrot & Swede Mash
Banana Sponge
Yoghurt / Fruit Pieces

**Beef Meatballs in a Tomato Sauce
with Rice**
BBQ Quorn with Rice
Sweetcorn & Mixed Peppers
Pineapple Upside Down Cake
with Custard
Yoghurt / Fruit Platter

**MSC Breaded Fish with
Chipped Potatoes & Tomato Sauce**
**Giamorgan Sausage with
Chipped Potatoes**
Baked Beans & Garden Peas
Pear & Ginger Muffin
Yoghurt / Fruit Salad

8th Jan, 29th Jan, 26th Feb
19th Mar

**Hot Dogs with Homemade Tomato Sauce
& Jacket Wedges**
**Vegetarian Hot Dog with
Homemade Tomato Sauce & Jacket Wedges**
Tomato & Red Onion Slaw
& Green Salad
Pear Crumble with Custard
Yoghurt / Fruit Platter

Baked Greek Lasagne
**Wholemeal Spinach & Tomato Quiche
with New Potatoes**
Courgettes in a Tomato Sauce
& Cauliflower
Apple, Cheese & Biscuits
Yoghurt / Fruit Chunks

**Roast Turkey with Roast Potatoes
& Gravy**
**Mixed Vegetable Loaf with Roast Potatoes
& Gravy**
Broccoli & Sliced Carrots
Chocolate Cookie with Natural Yoghurt
Yoghurt / Fruit Pieces

Beef Casserole (Goulash) with Rice
Quorn Mince Pasta Bolognese
Sweetcorn
Apple & Berry Strudel with Custard
Yoghurt / Fruit Platter

**MSC Battered Fish with
Chipped Potatoes & Tomato Sauce**
**Cheese & Tomato Pizza with
Chipped Potatoes**
Baked Beans & Garden Peas
Chocolate & Orange Brownie
Yoghurt / Fruit Salad

15th Jan, 5th Feb, 5th Mar
26th Mar

**Beef Burger in a Bun with Oven Baked
New Potatoes**
**Vegetarian Burger in a Bun
with Baked New Potatoes**
Broccoli & Sweetcorn
Carrot & Sultana Cake with Custard
Yoghurt / Fruit Platter

**Turkey & Veg Pie with Pastry Topping
& Mashed Potato**
**Mixed Bean Cassoulet with
Mashed Potato**
Cauliflower & Green Beans
Tutti Fruity Tuesday
Yoghurt / Fruit Chunks

**Roast Chicken & Stuffing with
Roast Potatoes & Gravy**
**Vegetarian Wellington
with Roast Potatoes**
Shredded Cabbage & Carrots
Peach Crumble & Custard
Yoghurt / Fruit Pieces

**Beef Tortilla Stack & Rice
with Garlic Slice**
Macaroni Cheese with Tomato Topping
Roasted Vegetable Medley
& Sweetcorn
Mandarin Jelly
Yoghurt / Fruit Platter

**MSC Salmon Fish Fingers with
Chipped Potatoes & Tomato Sauce**
**Cheese Tomato & Spinach
Frittata with Chipped Potatoes**
Baked Beans & Garden Peas
Lemon Surprise Cake
Yoghurt / Fruit Salad

Jacket Potatoes

freshly cooked daily, with a choice of fillings where advertised.

Bread

freshly baked on site daily

Daily salad selection

there will be a selection of salad items available daily

Fresh Fruit & Yoghurt

available daily

**WE USE LOCALLY
SOURCED INGREDIENTS
WHEN AVAILABLE
AND IN SEASON**

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards
We hope your child enjoys our new menus.

Menus could be subject to local change, please check your child's school for any bespoke changes.

V

Vegetarian option



Oily fish



Marine Stewardship Council details
Web: www.msc.org
Chain of Custody Registration Code
MIM1 - C 1009