



# Week

# 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

## 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 Bolognaise  
Or Vegetarian Spaghetti Bolognaise  
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

## 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](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 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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