

# Week 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

**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

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

Fresh Bread available daily for all