

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 to find out the food hygiene rating of our schools or ask them to tell you their



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

