

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 & Vegetable
Pasta Bake
Peas & Sweetcorn
Fresh Fruit or
Homemade
Shortbread & Fruit
Slices

THURSDAY

Succulent Roast Beef
Roast & Mashed
Potato, Green
Vegetable Medley &
Carrots
Fresh Fruit Cocktail

TUESDAY

Sausage & Bacon
Potato Wedges, Baked
Beans & Tomatoes
Fresh Fruit or
Homemade Shortbread
& Fruit Slices

FRIDAY

Sliced Turkey
Chipped Potatoes
Beans or Peas &
Sweetcorn
Fresh Fruit or
Homemade Shortbread

WEDNESDAY

Tomato and Pepper
Pizza
Potato Wedges
Side Salad or Baked
Beans
Fresh Fruit or
Jelly

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

Pork Sausage
Chipped Potatoes,
Peas
Fresh Fruit or Fruit
Jelly

THURSDAY

Roast Pork Loin
Roast & Mash Potato,
Carrot & Swede Mash,
Broccoli
Fresh Fruit or
Homemade Shortbread
& Fruit Slices

TUESDAY

Homemade Pasta
Bolognaise
Peas & Sweetcorn
Fresh Fruit or
Homemade Shortbread

FRIDAY

Sliced Ham
Potato Smiles
Peas or Baked Beans
Fresh Fruit or
Home Baked Coconut
Rice Pudding

WEDNESDAY

Homemade Chicken
Curry
Rice, Seasonal
Vegetables
Fresh Fruit or
Fruit Jelly

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

Pork Meatballs in
Gravy
Pasta, Broccoli &
Carrots
Fresh Fruit or
Homemade Shortbread
& Fruit Slices

THURSDAY

Roast Turkey
Roast & Mashed
Potatoes, Green
Vegetable Medley &
Carrots
Fresh Fruit or Fresh
Fruit Cocktail

TUESDAY

Sliced Ham
Potato Smiles
Peas & Sweetcorn
Fresh Fruit or Fruit
Jelly

FRIDAY

Sliced Ham
Chipped Potatoes,
Peas or Baked Beans
Fresh Fruit or
Homemade Baked
Apple Crumble

WEDNESDAY

Homemade Pasta
Bolognaise
Carrots
Fresh Fruit or
Homemade Shortbread
& Fruit Slices

the **BIG FRESH**
Catering
company

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

ALLERGEN FREE MENU

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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