

# 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

Vegetable Sausage  
Roast & Mash Potato,  
Green Vegetable  
medley & Carrots  
Homemade Oat Cookie  
& Fruit Slices

### TUESDAY

Vegan Sausage  
Potato Wedges  
Baked Beans, Tomatoes  
Fresh Fruit  
Or  
Homemade Flap Jack

### FRIDAY

Fishless Fingers  
Potato Smiles  
Peas & Sweetcorn or  
Baked Beans  
Fresh Fruit or Fruit  
Jelly

### WEDNESDAY

Margarita Pizza  
Potato Wedges  
Side Salad or Baked  
Beans  
Fresh Fruit or  
Homemade Oat cookie

# 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

Vegan Sausage  
Chipped Potatoes  
Peas or Baked Beans  
Fresh Fruit  
Or Fruit Jelly

### THURSDAY

Quorn Vegan Sausage  
Roast & Mash Potato  
Carrot & Swede Mash  
Broccoli  
Fresh Fruit or  
Homemade Shortbread  
& Fruit Slices

### TUESDAY

Homemade Vegan  
Bolognaise  
Peas & Sweetcorn  
Fresh Fruit or  
Homemade Shortbread

### FRIDAY

Fishless Fingers  
Potato Smiles  
Peas or Baked Beans  
Fresh Fruit or  
Home Baked Coconut  
Rice Pudding

### WEDNESDAY

Homemade Lentil Curry  
Rice, Seasonal  
Vegetables  
Fresh Fruit or  
Homemade Cookie  
& 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

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

### THURSDAY

Quorn Vegan Sausage  
Roast & Mash Potato,  
Green Vegetable  
Medley & Carrots  
Fresh Fruit or  
Oat Cookie &  
Fruit Slices

### TUESDAY

Vegan Sausage  
Chipped Potato  
Peas & Sweetcorn  
Fresh Fruit  
or Fruit Jelly

### FRIDAY

Fishless Fingers  
Chipped Potatoes  
Baked Beans  
Fresh Fruit or  
Baked Apple Crumble

### WEDNESDAY

Homemade Vegan  
Bolognaise  
Carrots  
Fresh Fruit or  
Homemade Flapjack

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 Vegan 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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