

# Week 1

1

Week starting:  
31.08.20/ 21.09.20/  
12.01.20/ 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

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 Bolognese  
Or Vegetarian Spaghetti Bolognese  
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 in a Soft Taco Shell  
Or Veggie Meatballs  
Sunshine Rice, Mayo & Seasonal Vegetables  
Fresh Fruit or American Pancake, Fruit Slices & Golden Syrup

# Week 3

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**  
Loaded Veggie 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 or Baked Beans & Chipped Potatoes  
Fresh Fruit or Chocolate Brownie

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 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.

