

# Week 1

1

### Week starting:

22.02.21/ 15.03.21/  
05.04.21/ 26.04.21/  
17.05.21/ 07.06.21/  
28.06.21/ 19.07.21

### MONDAY

Homemade Cheese & Tomato Pizza  
Chipped Potatoes, Beans & Seasonal salad  
Fresh Fruit or Homemade Muffin & Fruit Slices with Custard

### THURSDAY

Succulent Roast Beef Or Quorn Fillet  
Gravy, Yorkshire pudding, Roast & Mash  
Potatoes, Seasonal Vegetables  
Fresh Fruit or Ice Cream

### TUESDAY

All Day Breakfast Or Vegetarian All Day Breakfast  
Baked Beans, Tomatoes & Hash Brown  
Fresh Fruit or Yoghurt

### FRIDAY

Oven Baked Salmon Bites Or Veggie Nuggets  
Chipped Potatoes, Smashed Peas or Baked Beans  
Fresh Fruit & Yoghurt

### WEDNESDAY

Juicy Meatballs in Gravy Or Vegetarian Meatballs in Gravy  
Spaghetti & Seasonal Vegetables  
Fresh Fruit or Sticky Toffee Pudding with Custard

# Week 2

2

### Week starting:

01.03.21/ 22.03.21/  
12.04.21/ 03.05.21/  
24.05.21/ 14.06.21/  
05.07.21/

### MONDAY

Southern Style Quorn Burger  
Herby Diced Potatoes, Peas or Baked Beans  
Fresh Fruit or Yoghurt

### THURSDAY

Roast pork Or Quorn Fillet  
Gravy, Roast & Boiled Potatoes, Seasonal Vegetables  
Fresh Fruit or Ice Cream

### TUESDAY

Homemade Spaghetti Bolognaise Or Vegetarian Spaghetti Bolognaise  
Fresh Seasonal Vegetables  
Fresh Fruit or Yoghurt

### FRIDAY

GF Lemon Sole Bites Or Veggie Meatballs  
Homemade Jacket Wedges or Jacket Potato, & Seasonal Vegetables  
Fresh Fruit or American Pancake, Fruit Slices & Golden Syrup

### WEDNESDAY

Reduced Fat Sausage & Mash Or Vegetarian Sausage & Mash  
Rich Gravy, peas or Baked Beans  
Fresh Fruit or Chocolate & Beetroot Cake with Custard

# Week 3

3

### Week starting:

08.03.21/ 29.03.21/  
19.04.21/ 10.05.21/  
31.05.21/ 21.06.21/  
12.07.21

### MONDAY

Vegetable Pasta Bake  
Garlic Slice & Seasonal Vegetables  
Fresh Fruit & Yoghurt

### THURSDAY

Roast Turkey Or Quorn Fillet  
Gravy, Roast & Mash  
Potato, Seasonal Vegetables  
Fresh Fruit or Ice Cream

### TUESDAY

Chicken Burger Or Quorn Fillet Burger  
Potato Wedges, Sweetcorn & Fresh Seasonal Salad  
Fresh Fruit or Yoghurt

### FRIDAY

Oven Baked Salmon Bites Or Veggie Nuggets  
Seasonal Salad or Baked Beans & Chipped Potatoes  
Fresh Fruit or Chocolate Brownie

### WEDNESDAY

Chicken Korma Curry Or Quorn Korma Curry  
Rice, Flatbread & Seasonal Vegetables  
Fresh Fruit or Homemade Marble Cake & 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](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 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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