

# Week 1

1

Week starting:  
4/4/22 25/4/22 16/5/22 6/6/22  
27/6/22 18/7/22

**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 & Mash 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:  
11/4/22 2/5/22 23/5/22  
13/6/22 4/7/22

**MONDAY**  
Reduced Fat Sausage  
or Vegetarian  
Sausage  
Chipped Potatoes,  
Peas  
Fresh fruit or Angel  
Delight & Fruit Slices

**THURSDAY**  
Roast Pork Loin  
Or Glamorgan Sausage  
Roast & Mash Potato  
Stuffing, Carrot &  
Swede Mash, Broccoli  
Fresh Fruit or Artichoke  
& 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**  
Juicy Meatballs in Gravy  
or Vegetarian Meatballs  
in Gravy  
Served with  
Pasta & Broccoli  
Fresh Fruit or  
Yoghurt  
& Fruit Slices

# Week 3

3

Week starting:  
18/4/22 9/5/22 30/5/22  
20/6/22 11/7/22

**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 & Mash  
Potato, Green Vegetable  
Medley & Carrots  
Fresh Fruit or  
Ice Cream

**TUESDAY**  
Homemade Pizza  
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](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.

[www.bigfreshcatering.co.uk](http://www.bigfreshcatering.co.uk)

