

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

**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**  
Meat Free Meatballs in Gravy  
Served with Pasta & Broccoli  
Fresh Fruit or Homemade Cookie & Fruit Slices

# Week 3

3

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

**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



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)

