



PRIMARY MENU

WEEK 1

WEEK 2

WEEK 3

<p>MONDAY</p> <p>Cod & Salmon Fish Fingers Or Broccoli & Tomato Pasta Herby Diced Potatoes Baked Beans, Sweetcorn, Garden Peas, Salad</p> <p>Raspberry Peach Swirl Sponge & Custard</p>	<p>MONDAY</p> <p>Mini Omelette with Pork Sausage Or Five Bean Chilli with French Bread Potato Wedges or Vegetable Rice Baked Beans, Garden Peas, Salad</p> <p>Eve's Sponge & Custard</p>	<p>MONDAY</p> <p>Lemon Sole Or Mushroom and Leek Bake Jacket Potato or Sauté Potatoes Garden Peas, Sweetcorn, Broccoli, Salad</p> <p>Toffee Apple Brownies with Fruit Slices</p>
<p>TUESDAY</p> <p>Beef Bolognaise Or Falafel Burger Pasta or Potato Wedges Mixed Vegetables, Broccoli, Salad</p> <p>Fruit Yoghurt or Fresh Fruit</p>	<p>TUESDAY</p> <p>Seaside Salmon Fillet Or Vegetable Plant Ball in Tomato Sauce with French Bread Pasta or Diced Potatoes Broccoli, Garden Peas, Sweetcorn, Salad</p> <p>Fruit Yoghurt or Fresh Fruit</p>	<p>TUESDAY</p> <p>Meatballs in Tomato Sauce Or Southern Style Vegetable Burger Pasta or Potato Wedges Mixed Vegetables, Garden Peas, Sweetcorn, Salad</p> <p>Fruit Yoghurt or Fresh Fruit</p>
<p>WEDNESDAY</p> <p>Roast Turkey & Stuffing in rich Gravy Or Vegetable Sausage Boiled or Creamed Potatoes Green Cabbage, Carrots & Diced Swede</p> <p>Jelly with Strawberry Swirl</p>	<p>WEDNESDAY</p> <p>Roast Pork & Apple Sauce in Rich Gravy Or Vegetable Casserole Creamed or Boiled Potatoes Green Beans, Swede & Broccoli</p> <p>Tropical Rice Pudding</p>	<p>WEDNESDAY</p> <p>Roast Beef with Rich Gravy Or Quorn Fillet Boiled or Creamed Potatoes Baton Carrots, Cabbage, Swede</p> <p>Artic Roll and Fruit Wedges</p>
<p>THURSDAY</p> <p>Meatballs in Rich Gravy Or Vegetable & Lentil Shepherds Pie Creamed or Boiled Potatoes Carrots, Garden Peas, Broccoli, Salad</p> <p>Fruit Yoghurt or Fresh Fruit</p>	<p>THURSDAY</p> <p>Chicken Fillet in Rich Gravy Or Vegetable Sausage Boiled or Creamed Potatoes Carrots, Cabbage, Country Vegetables, Salad</p> <p>Fruit Yoghurt or Fresh Fruit</p>	<p>THURSDAY</p> <p>Pork Frikadellons Or Garden Vegetable Pie Creamed Potatoes or Boiled Potatoes Baked Beans, Carrots, Garden Peas</p> <p>Fruit Yoghurt or Fresh Fruit</p>
<p>FRIDAY</p> <p>Fish Fillet Or Spinach and Chickpea Curry Vegetable Rice or Chipped Potatoes Mixed Vegetables, Sweetcorn, Broccoli, Salad</p> <p>Mandarin topped Sponge Slice</p>	<p>FRIDAY</p> <p>Cheese and Tomato Pizza Or Quorn Dippers Jacket Potato or Chipped Potatoes Mini Corn Cobs, Mixed Vegetables, Salad</p> <p>Fruit Muffins or Tutti Fruitti Flapjacks</p>	<p>FRIDAY</p> <p>Chicken Tikka/Korma Or Vegetarian Hot Dogs Vegetable Rice or Chipped Potatoes Broccoli, Sweetcorn, Garden Peas, Salad</p> <p>Strawberry Delight Crunch</p>

NAME:

SCHOOL:

**ALLERGY:
Nut Free**

**Also served
daily:**

Fresh Fruit
Wholemeal Bread
Yoghurt
Semi-Skimmed Milk
Water

**ONLY THE
FOOD STATED
ON THIS MENU
IS TO BE
SERVED**

BRIDGEND
County Borough Council

Cyngor Iwroddestref Sirol

