

# PRIMARY MENU

## WEEK 1

### MONDAY

Cod & Salmon Fish Fingers \*  
Or Broccoli & Tomato Pasta  
Herby Diced Potatoes  
Baked Beans, Sweetcorn, Garden Peas, Salad  
Raspberry Peach Swirl Sponge & Custard

### TUESDAY

Beef Bolognese \*  
Or Falafel Burger  
Pasta or Potato Wedges  
Mixed Vegetables, Broccoli, Salad  
Fruit Yoghurt or Fresh Fruit

### WEDNESDAY

Roast Turkey & Stuffing in rich Gravy \*  
Or Vegetable & Lentil Shepherds Pie  
Boiled or Creamed Potatoes  
Green Cabbage, Carrots & Diced Swede  
Jelly with Strawberry Swirl

### THURSDAY

Meatballs in Rich Gravy \*  
Or Vegetable Sausage  
Creamed or Boiled Potatoes  
Carrots, Garden Peas, Broccoli, Salad  
Fruit Yoghurt or Fresh Fruit

### FRIDAY

Fish Fillet \*  
Or Spinach and Chickpea Curry  
Vegetable Rice or Chipped Potatoes  
Mixed Vegetables, Sweetcorn, Broccoli, Salad  
Mandarin topped Sponge Slice

## WEEK 2

### MONDAY

Mini Omelette with Pork Sausage \*  
Or Sweet & Sour Vegetables  
Potato Wedges or Vegetable Rice  
Baked Beans, Garden Peas, Salad  
Eve's Sponge & Custard

### TUESDAY

Cod & Salmon Fish Fingers \*  
Or Vegetable Plant Ball in Tomato Sauce  
Pasta or Diced Potatoes/Boiled Potatoes  
Broccoli, Garden Peas, Sweetcorn, Salad  
Fruit Yoghurt or Fresh Fruit

### WEDNESDAY

Roast Pork & Apple Sauce in Rich Gravy \*  
Or Vegetable Sausage  
Creamed or Boiled Potatoes  
Green Beans, Swede & Broccoli  
Tropical Rice Pudding

### THURSDAY

Chicken Fillet in Rich Gravy \*  
Or Vegetable & Bean Casserole  
Boiled or Creamed Potatoes  
Carrots, Cabbage, Country Vegetables, Salad  
Fruit Yoghurt or Fresh Fruit

### FRIDAY

Cheese and Tomato Pizza \*  
Or Quorn Dippers  
Jacket Potato or Chipped Potatoes  
Mini Corn Cobs, Mixed Vegetables, Salad  
Fruit Muffins or Tutti Fruitti Flapjacks

## WEEK 3

### MONDAY

Lemon Sole \*  
Or Mushroom and Leek Bake  
Jacket Potato or Sauté Potatoes  
Garden Peas, Sweetcorn, Broccoli, Salad  
Toffee Apple Brownies with Fruit Slices

### TUESDAY

Meatballs in Tomato Sauce \*  
Or Southern Style Vegetable Burger  
Pasta or Potato Wedges  
Mixed Vegetables, Garden Peas, Sweetcorn, Salad  
Fruit Yoghurt or Fresh Fruit

### WEDNESDAY

Roast Beef with Rich Gravy \*  
Or Garden Vegetable Pie  
Boiled or Creamed Potatoes  
Baton Carrots, Cabbage, Swede  
Artic Roll and Fruit Wedges

### THURSDAY

Pork Frikadellons \*  
Or Quorn Fillet  
Creamed Potatoes or Boiled Potatoes  
Baked Beans, Carrots, Garden Peas  
Fruit Yoghurt or Fresh Fruit

### FRIDAY

Chicken Tikka/Korma \*  
Or Vegetarian Hot Dogs  
Vegetable Rice or Chipped Potatoes  
Broccoli, Sweetcorn, Garden Peas, Salad  
Strawberry Delight Crunch

September 2023						
M	T	W	T	F	S	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

October 2023						
M	T	W	T	F	S	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

November 2023						
M	T	W	T	F	S	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

December 2023						
M	T	W	T	F	S	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Also served daily:  
Fresh Fruit, Wholemeal Bread, Yoghurt, Semi-Skimmed Milk, Water  
Occasionally due to circumstances beyond our control it may be necessary to change or replace some menu items or ingredients.  
Please note our menus/food may contain allergens. We are able to provide allergen information on request or please visit the Bridgend CBC website for more information.  
**\* NURSERY PUPILS**