

PRIMARY MENU

WEEK 1

MONDAY

* Oven Baked Sausages
or Italian Style Pasta
or Jacket Potato topped with Cheese ✓
Jacket Potato Wedges
Sweetcorn or Garden Peas or Salad
Chocolate Orange Sponge & Custard

TUESDAY

* Chicken & Leek Casserole
or Roast Beef & Yorkshire Pudding
or Vegetable Casserole ✓
Creamed Potatoes
Green Beans or Diced Swede
Arctic Roll & Peach Slices

WEDNESDAY

* Haddock Bake
or Mexican Chilli
Vegetable Rice or Boiled Potatoes
Baked Beans or Broccoli or Salad
Jam & Cream Scone or Fruit Jelly & Cream Swirl

THURSDAY

Savoury Meatballs in Gravy
or * Cod & Salmon Fish Fingers
Boiled Potatoes
Spaghetti in Tomato Sauce or Country Vegetables or Salad
Apple Crumble/Sponge & Custard

FRIDAY

* Wholemeal Cheese & Tomato Pizza ✓
or Chicken Korma/Tikka
Wholegrain Rice or Chipped Potatoes
Garden Peas or Sweetcorn Kernels or Salad
Chocolate & Banana Cookies

WEEK 2

MONDAY

* Oven Baked Fish Fillet
or Chinese Chicken
Sauté Potatoes or Noodles
Sweetcorn or Garden Peas or Salad
Marble Banana Sponge & Custard

TUESDAY

* Bolognese & French Bread
or Tuna & Cheese Melt
or Assorted Filled Wraps
Pasta or Jacket Potato
Broccoli Florets or Diced Mixed Vegetables or Salad
Fruity Coconut or Citrus Sponge Finger

WEDNESDAY

Macaroni & Broccoli Cheese
or * Pork Grill
Creamed Potatoes
Country Vegetables or Baked Beans/Tomatoes
or Salad
Fruity Topped Waffles or Fruit Jelly

THURSDAY

Oven Baked Lamb Grill
or * Roast Chicken & Stuffing
Creamed Potatoes or Boiled Potatoes
Shredded Cabbage or Baton Carrots or Salad
Fruit Ripple Ice Cream or Rice Pudding

FRIDAY

* Cod & Salmon Fishcake
or BBQ Chicken Fillet
or Jacket Potato topped with Cheese ✓
Jacket Potato or Chipped Potatoes
Garden Peas or Sweetcorn Kernels or Salad
Banoffee Cupcake

WEEK 3

MONDAY

* Savoury Meatballs in Tomato Sauce
or Tuna & Sweetcorn Pasta
Jacket Potato or Pasta
Country Vegetable Medley or Salad
Tropical Sponge & Custard

TUESDAY

* Fish Fillet Fingers
or Cheesy Topped Ranch Pie
Boiled Potatoes or Seasoned Potatoes
Mixed Diced Vegetables or Broccoli or Salad
Arctic Roll & Fruit Slices

WEDNESDAY

Sliced Roast Pork & Sage & Onion Stuffing, Apple Sauce
& Rich Gravy Sauce
or * Chicken & Lentil Stew
or Vegetable Stew ✓
Boiled or Creamed Potatoes
Green Beans or Baton Carrots or Salad
Raspberry Slice

THURSDAY

* Wholemeal Cheese & Tomato Pizza ✓
or Chicken & Vegetable Burrito
Savoury Pasta or Jacket Potato
Sweetcorn or Garden Peas or Salad
Steamed Jam Sponge & Custard

FRIDAY

Lemon Sole Grill
or * Hotdog
or Jacket Potato topped with Cheese ✓
Jacket Potato or Chipped Potatoes
Baked Beans or Garden Peas or Salad
Fruit Flapjack

September 2019						
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

October 2019						
M	T	W	T	F	S	S
30	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	31	1	2	3

November 2019						
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

December 2019						
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

Also served daily:
Fresh Fruit, Wholemeal Bread, Yoghurt, Cheese & Biscuits, Ice cream, 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**