



PORTIONS

Potatoes = 4oz
Mashed 21g
Boiled 21g
Sauté 21g
Herby Diced 13.6g
Jacket Potato 24.4g
Chips in combi oven 29.4g
Chips fried 30g
Potato Wedges 24.4g

Savoury Pasta = 3oz - 18.2g
Vegetable Rice = 3oz - 23.9g
Vegetables = 2oz

Also served daily:

Fresh Fruit 13.5g
Wholemeal Bread 17.6g
Yoghurt 11.6g
Cheese & Biscuits 11.8g
Semi-Skimmed Milk - 11.8g
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**

PRIMARY MENU - CARBOHYDRATE COUNT

WEEK 1	WEEK 2	WEEK 3
<p>MONDAY</p> <p>Cod & Salmon Fish Fingers 8.7g Or Broccoli & Tomato Pasta 33.6g Herby Diced Potatoes Baked Beans 10.1g Sweetcorn 5.7g Garden Peas 6.7g Salad</p> <p>Raspberry Peach Swirl Sponge 26.3g & Custard 13.6g</p>	<p>MONDAY</p> <p>Mini Omelette with Pork Sausage 2.9g Or Five Bean Chilli 18.5g with French Bread 7.0g Potato Wedges or Vegetable Rice Baked Beans 10.1g Garden Peas 6.7g Salad Eve's Sponge 30g & Custard 13.6g</p>	<p>MONDAY</p> <p>Lemon Sole 10.1g Or Mushroom and Leek Bake 31.1g Jacket Potato or Sauté Potatoes Garden Peas 6.7g Sweetcorn 5.7g Broccoli 0.7g Salad</p> <p>Toffee Apple Brownies 27.2g with Fruit Slices</p>
<p>TUESDAY</p> <p>Beef Bolognese 10.4g Or Falafel Burger 38.6g Pasta 18.2g or Potato Wedges Mixed Vegetables 4.3g Broccoli 0.7g Salad Fruit Yoghurt 11.6g or Fresh Fruit 13.5g</p>	<p>TUESDAY</p> <p>Seaside Salmon Fillet 9.7g Or Vegetable Plant Ball in Tomato Sauce with French Bread 22.7g Pasta or Diced Potatoes Broccoli 0.7g Garden Peas 6.7g Sweetcorn 5.7g Salad</p> <p>Fruit Yoghurt 11.6g or Fresh Fruit 13.5g</p>	<p>TUESDAY</p> <p>Meatballs in Tomato Sauce 11.7g Or Southern Style Vegetable Burger 30.9g Pasta or Potato Wedges Mixed Vegetables 4.3g Garden Peas 6.7g Sweetcorn 5.7g Salad</p> <p>Fruit Yoghurt 11.6g or Fresh Fruit 13.5g</p>
<p>WEDNESDAY</p> <p>Roast Turkey & Stuffing in rich Gravy 7.5g Or Vegetable Sausage 4.1g Boiled or Creamed Potatoes Green Cabbage 1.3g Carrots 2.9g Diced Swede 1.3g Jelly with Strawberry Swirl 10.2g</p>	<p>WEDNESDAY</p> <p>Roast Pork & Apple Sauce 1.6g in Rich Gravy 4.6g Or Vegetable Casserole 25.1g Creamed or Boiled Potatoes Green Beans 1.7g Swede 1.3g & Broccoli 0.7g Tropical Rice Pudding 29.1g</p>	<p>WEDNESDAY</p> <p>Roast Beef 0g with Rich Gravy 4.6g Or Quorn Fillet 3.4g Boiled or Creamed Potatoes Baton Carrots 2.9g Cabbage 1.3g Swede 1.3g Artic Roll and Fruit Wedges 22.7g</p>
<p>THURSDAY</p> <p>Meatballs in Rich Gravy 9.7g Or Vegetable & Lentil Shepherds Pie 56.6g Creamed or Boiled Potatoes Carrots 2.9g Garden Peas 6.7g Broccoli 0.7g Salad Fruit Yoghurt 11.6g or Fresh Fruit 13.5g</p>	<p>THURSDAY</p> <p>Chicken Fillet 0g in Rich Gravy 4.6g Or Vegetable Sausage 4.1g Boiled or Creamed Potatoes Carrots 2.9g Cabbage 1.3g Country Vegetables 4g Salad Fruit Yoghurt 11.6g or Fresh Fruit 13.5g</p>	<p>THURSDAY</p> <p>Pork Frikadellons 5.3g Or Garden Vegetable Pie 40g Creamed Potatoes or Boiled Potatoes Baked Beans 10.1g Carrots 2.9g Garden Peas 6.7g Fruit Yoghurt 11.6g or Fresh Fruit 13.5g</p>
<p>FRIDAY</p> <p>Fish Fillet 10.5g Or Spinach and Chickpea Curry 33.3g Vegetable Rice or Chipped Potatoes Mixed Vegetables 4.3g Sweetcorn 5.7g Broccoli 0.7g Salad Mandarin topped Sponge Slice 22.9g</p>	<p>FRIDAY</p> <p>Cheese and Tomato Pizza 25.1g Or Quorn Dippers 8.4g Jacket Potato or Chipped Potatoes Mini Corn Cobs 3.1g Mixed Vegetables 4.3g Salad Fruit Muffins 21.5g or Tutti Fruitti Flapjacks 24.8g</p>	<p>FRIDAY</p> <p>Chicken Tikka 8.7g / Korma 10.1g Or Vegetarian Hot Dogs 25.6g Vegetable Rice or Chipped Potatoes Broccoli 0.7g Sweetcorn 5.7g Garden Peas 6.7g Salad Strawberry Delight Crunch 11.8g</p>

