

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 Sausage
Boiled or Creamed Potatoes
Green Cabbage, Carrots & Diced Swede
Jelly with Strawberry Swirl

THURSDAY

Meatballs in Rich Gravy *
Or Vegetable & Lentil Shepherds Pie
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 Five Bean Chilli with French Bread
Potato Wedges or Vegetable Rice
Baked Beans, Garden Peas, Salad
Eve's Sponge & Custard

TUESDAY

Seaside Salmon Fillet *
Or Vegetable Plant Ball in Tomato Sauce with French Bread
Pasta or Diced Potatoes
Broccoli, Garden Peas, Sweetcorn, Salad
Fruit Yoghurt or Fresh Fruit

WEDNESDAY

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

THURSDAY

Chicken Fillet in Rich Gravy *
Or Vegetable Sausage
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 Quorn Fillet
Boiled or Creamed Potatoes
Baton Carrots, Cabbage, Swede
Artic Roll and Fruit Wedges

THURSDAY

Pork Frikadellons *
Or Garden Vegetable Pie
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

January 2023						
M	T	W	T	F	S	S
						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

February 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

March 2023						
M	T	W	T	F	S	S
27	28	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		

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**