

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

| April 2023 | | | | | | |
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| M | T | W | T | F | S | S |
| 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 |

| May 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 |

| June 2023 | | | | | | |
|-----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| 29 | 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 |

| July 2023 | | | | | | |
|-----------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| 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 |

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**