

COMPREHENSIVE SCHOOL MENU

WEEK 1

MONDAY

Beef Burritos
Sweet Potato and Spinach Curry
Wholegrain Vegetable Rice or Potato wedges
Garden Salad, Broccoli & Sweetcorn
Fresh Fruit Salad or Fruit Yogurt

TUESDAY

Chicken, Ham & Leek Pie
Vegetable Sausages
Boiled Potato
Chunky Coleslaw, Mixed Salad & Green Beans
Banana Topped Pancakes

WEDNESDAY

Roast Pork & Stuffing & Apple Sauce
Vegetable and Lentil Cottage Pie
Creamed Potatoes
Cabbage, Carrots & Cauliflower
Fruit Yogurt or Fresh Fruit

THURSDAY

Cheese & Potato Pie, Bacon & Baked Beans
Vegetable Plant Balls in Tomato Sauce
Pasta
Broccoli & Garden Peas & Country Vegetables
Raspberry and Peach Swirl Sponge & Custard

FRIDAY

Fish Fillet in a Bun
Quorn Dippers
Jacket Potato or Chipped Potatoes
Garden Salad, Mini Corn Cobs & Green Beans
Fresh Fruit Wedges or Fruit Yogurt

WEEK 2

MONDAY

Loaded Vegetable Pizza
Sweet and Sour Vegetables
Noodles or Diced Potatoes
Stir-fry Vegetables, Garden Peas & Green Salad
Apple Crumble & Custard

TUESDAY

Broccoli Mac & Cheese
Southern Style Vegetable Burger
Potato Wedges or Jacket Potato
Rainbow Coleslaw, Sweetcorn & Salad
Fruit Yogurt or Fresh Fruit

WEDNESDAY

Roast Chicken & Stuffing
Garden Vegetable Pie
Boiled Potatoes
Green Cabbage, Carrots & Swede
Chocolate Brownie with Apple Slices

THURSDAY

Oven Baked Sausages with Yorkshire Pudding
Quorn Fillet
Creamed Potatoes
Broccoli, Green Beans, Carrots
Fresh Fruit Salad or Fruit Yogurt

FRIDAY

Chicken Tikka
Vegetarian Hotdog
Vegetable Rice or Chipped Potatoes
Sweetcorn Kernels, Broccoli & Salad
Banoffee Cupcake

WEEK 3

MONDAY

Beef Bolognese
Falafel Burger
Jacket Potato or Pasta
Garden Peas, Sweetcorn & Salad
Fresh Fruit Salad or Fruit Yogurt

TUESDAY

Tuna and Cheese Melt
Broccoli and Tomato Pasta
Herby Diced Potatoes or Jacket Potato
Country Mixed Vegetables, Coleslaw
Chocolate Orange Sponge Slice

WEDNESDAY

Roast Turkey and Stuffing
Vegetable Sausages
Boiled Potatoes
Garden Peas, Broccoli & Carrots
Fruit Yogurt or Fresh Fruit

THURSDAY

Savory Meatballs in Tomato sauce
Vegetable Fajita
Pasta or Savoury Rice
Mini Corn Cobs, Garden Peas & Salad
Tropical Rice Pudding

FRIDAY

Battered Fish Fillet
Cauliflower and Red Pepper Curry
Chipped Potatoes or Vegetable Rice
Broccoli, Coleslaw & Salad
Fresh Fruit Wedges or Fruit Yogurt

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

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.