

PRIMARY SCHOOL 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

September

October

November

December

Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
						7							5							1	2	1					7
						14	6						12	3						9	8						14
						21	13						19	10						16	15						21
						28	20						26	17						23	22						28
						27	28	29	30	31			24							30	29						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 further information.

*NURSERY PUPILS

WE'RE RECRUITING!



JOIN OUR TEAM!

