



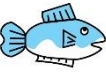
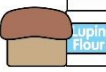






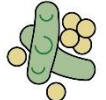






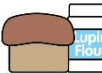
















BRIDGEND PRIMARY SCHOOL MENU 2023-2024 – WEEK 1

✓ = contains MC = may contain TUESDAY														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Beef Bolognese sauce	✓													
Falafel burger		✓ - wheat & rye										MC		
Vegan Mayonnaise														
Pasta		✓ - wheat												
Potato wedges														
Mixed Vegetables														
Broccoli Florets														
Salad Selection	MC													
Wholemeal Bread		✓ - wheat											✓	
Yoghurt							✓							
Cheese & Biscuits		✓ - wheat MC - rye, oats, & barley					✓							
Ice Cream							✓							
Fresh Fruit														
Semi-Skimmed Milk							✓							

BRIDGEND PRIMARY SCHOOL MENU 2023-2024 – WEEK 1

✓ = contains MC = may contain WEDNESDAY														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Roast Turkey														
Stuffing		✓ - wheat												
Gravy	MC	✓ - wheat barley		MC			MC		MC				MC	
Vegetable & Lentil Shepherd's Pie	✓													✓
Free From Gravy														
Creamed Potatoes (with Sunlite spread only)														✓
Boiled Potatoes														✓
Cabbage														
Carrots														
Diced Swede														
Wholemeal Bread		✓ - wheat											✓	
Fruit Jelly														
Strawberry Swirl							✓							
Yoghurt							✓							
Cheese & Biscuits		✓ - wheat MC - rye, oats, & barley					✓							
Fresh Fruit														
Semi-Skimmed Milk							✓							

BRIDGEND PRIMARY SCHOOL MENU 2023-2024 – WEEK 1

✓ = contains MC = may contain THURSDAY														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Meatballs		✓ - wheat					✓							
Gravy	MC	✓ - wheat barley		MC			MC		MC				MC	
Vegetarian Sausage		✓ - wheat												
Free From Gravy														
Creamed Potatoes (with Sunlite spread only)														✓
Boiled Potatoes														✓
Garden Peas														
Carrots														
Broccoli														
Salad Selection	MC													
Wholemeal Bread		✓ - wheat											✓	
Yoghurt							✓							
Cheese & Biscuits		✓ - wheat MC - rye, oats, & barley					✓							
Fresh Fruit														
Semi-Skimmed Milk							✓							

BRIDGEND PRIMARY SCHOOL MENU 2023-2024 – WEEK 1

✓ = contains MC = may contain FRIDAY														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Fish Fillet		✓ - wheat			✓									
Spinach & Chickpea Curry (Mangalore Malabar Curry Sauce)									✓	MC – almonds & cashews	MC	MC	MC	
Vegetable Rice														
Chipped Potatoes														
Mixed Vegetables														
Sweetcorn														
Broccoli Florets														
Salad Selection	MC													
Mandarin topped Sponge		✓ - wheat		✓			✓						✓	
Wholemeal Bread		✓ - wheat											✓	
Yoghurt							✓							
Cheese & Biscuits		✓ - wheat MC - rye, oats, & barley					✓							
Fresh Fruit														
Semi-Skimmed Milk							✓							