

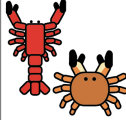













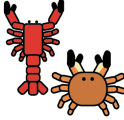

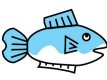
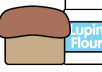








BRIDGEND PRIMARY SCHOOL MENU 2022-23 – WEEK 3

| ✓ = contains MC = may contain MONDAY |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide / Sulphites |
| Lemon Sole | | ✓ - wheat | | | ✓ | | | | | | | | | |
| Mushroom & Leek Bake | | ✓ - wheat | | | | | | | | | | | | |
| Sauté Potatoes | | | | | | | | | | | | | | |
| Jacket Potato | | | | | | | | | | | | | | |
| Garden Peas | | | | | | | | | | | | | | |
| Sweetcorn Kernels | | | | | | | | | | | | | | |
| Broccoli Florets | | | | | | | | | | | | | | |
| Salad Selection | MC | | | | | | | | | | | | | |
| Wholemeal Bread | | ✓ - wheat | | | | | | | | | | | ✓ | |
| Toffee Apple Brownie | | ✓ - wheat | | ✓ | | | ✓ | | | | | | MC | |
| Fresh Fruit | | | | | | | | | | | | | | |
| Yoghurt | | | | | | | ✓ | | | | | | | |
| Cheese & Biscuits | | ✓ - wheat | | | | | ✓ | | | | | | | |
| Semi-Skimmed Milk | | | | | | | ✓ | | | | | | | |



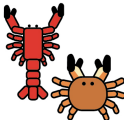

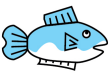
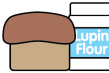








BRIDGEND PRIMARY SCHOOL MENU 2022-23 – WEEK 3

| ✓ = contains MC = may contain TUESDAY |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide / Sulphites |
| Meatballs in Tomato Sauce | | ✓ - wheat | | | | | ✓ | | | | | | | |
| Southern Style Vegetable Burger | | | | | | | | | | | | | | |
| Burger Roll | | ✓ - wheat | | | | | | | | | | MC | | |
| Pasta | | ✓ - wheat | | | | | | | | | | | | |
| Potato Wedges | | | | | | | | | | | | | | |
| Mixed Vegetables | | | | | | | | | | | | | | |
| Sweetcorn | | | | | | | | | | | | | | |
| Garden Peas | | | | | | | | | | | | | | |
| Salad Selection | MC | | | | | | | | | | | | | |
| Wholemeal Bread | | ✓ - wheat | | | | | | | | | | | ✓ | |
| Yoghurt | | | | | | | ✓ | | | | | | | |
| Cheese & Biscuits | | ✓ - wheat | | | | | ✓ | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | |
| Semi-Skimmed Milk | | | | | | | ✓ | | | | | | | |



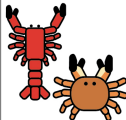

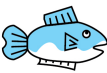
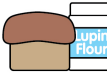








BRIDGEND PRIMARY SCHOOL MENU 2022-23 – WEEK 3

| ✓ = 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 Beef | | | | | | | | | | | | | | |
| Quorn Fillet | | ✓ - wheat | | | | | | | | | | | | |
| Gravy | MC | ✓ - wheat | | MC | | | MC | | MC | | | | mc | |
| Free From Gravy | | | | | | | | | | | | | | |
| Creamed Potatoes (with Flora only) | | | | | | | MC | | | | | | | ✓ |
| Boiled Potatoes | | | | | | | | | | | | | | ✓ |
| Carrots | | | | | | | | | | | | | | |
| Cabbage | | | | | | | | | | | | | | |
| Swede | | | | | | | | | | | | | | |
| Wholemeal Bread | | ✓ - wheat | | | | | | | | | | | ✓ | |
| Arctic Roll & Fruit Wedges | | ✓ - wheat | | ✓ | | | ✓ | | | | | | ✓ | |
| Yoghurt | | | | | | | ✓ | | | | | | | |
| Cheese & Biscuits | | ✓ - wheat | | | | | ✓ | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | |
| Semi-Skimmed Milk | | | | | | | ✓ | | | | | | | |

BRIDGEND PRIMARY SCHOOL MENU 2022-23 – WEEK 3

| ✓ = contains MC = may contain THURSDAY |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide / Sulphites |
| Pork Frikadellons | | ✓ - wheat | | ✓ | | | | | | | | | | |
| Garden Vegetable Pie | ✓ | | | | | | | | | | | | | |
| Gravy | MC | ✓ - wheat | | MC | | | MC | | MC | | | | MC | |
| Free From Gravy | | | | | | | | | | | | | | |
| Creamed Potatoes (with Flora only) | | | | | | | | | | | | | | ✓ |
| Boiled Potatoes | | | | | | | | | | | | | | ✓ |
| Baked Beans | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | |
| Garden Peas | | | | | | | | | | | | | | |
| Wholemeal Bread | | ✓ - wheat | | | | | | | | | | | ✓ | |
| Yoghurt | | | | | | | ✓ | | | | | | | |
| Cheese & Biscuits | | ✓ - wheat | | | | | ✓ | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | |
| Semi-Skimmed Milk | | | | | | | ✓ | | | | | | | |

BRIDGEND PRIMARY SCHOOL MENU 2022-23 – WEEK 3

| ✓ = contains MC = may contain FRIDAY |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide / Sulphites |
| Chicken Tikka/Korma | | | | | | | ✓ | | | | | | | |
| Vegetarian Hotdog | | ✓ - wheat | | MC | | | MC | | | | | | MC | |
| Vegetable Rice | | | | | | | | | | | | | | |
| Chipped Potatoes | | | | | | | | | | | | | | |
| Broccoli Florets | | | | | | | | | | | | | | |
| Sweetcorn Kernels | | | | | | | | | | | | | | |
| Garden Peas | | | | | | | | | | | | | | |
| Salad Selection | MC | | | | | | | | | | | | | |
| Wholemeal Bread | | ✓ - wheat | | | | | | | | | | | ✓ | |
| Strawberry Delight Crunch | | ✓ - wheat & oats | | MC | | | ✓ | | | | | | MC | |
| Yoghurt | | | | | | | ✓ | | | | | | | |
| Cheese & Biscuits | | ✓ - wheat | | | | | ✓ | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | |
| Semi-Skimmed Milk | | | | | | | ✓ | | | | | | | |