

COMPREHENSIVE SCHOOL MENU

WEEK 1

MONDAY

Chilli Con Carne
French Bread Pizza
Sauté Potatoes or Wholegrain Rice
Garden Peas or Sweetcorn Kernels or Salad
Apple & Blackberry Crumble & Custard

TUESDAY

Roast Chicken & Stuffing & Gravy
Oven Baked Sausages in Gravy
Boiled Potatoes
Green Beans or Cauliflower
Pineapple Sponge & Custard

WEDNESDAY

Homemade Beef Lasagne
Fish Pie
Boiled Potatoes
Baton Carrots or Broccoli
Jam & Cream Scone or Fruit Salad

THURSDAY

Cheese & Potato Pie, Bacon & Tomatoes/Baked Beans
Savoury Meatballs in Tomato Sauce
Pasta
Country Vegetables
Rice Pudding

FRIDAY

Chicken Tikka
Jumbo Fish Finger
Wholegrain Rice or Chipped Potatoes
Baked Beans or Garden Peas
Chocolate Brownie

WEEK 2

MONDAY

Texan Chicken Quesadillas
Sweet & Sour Pork
Noodles or Wholegrain Rice
Sweetcorn Kernels or Garden Peas
Marble Banana Sponge & Custard

TUESDAY

Sausage Casserole & Crusty Wholemeal Herby Bread
Roast Beef & Yorkshire Pudding
New Potatoes
Broccoli Florets or Cauliflower or Salad
Apple Tart & Custard

WEDNESDAY

Bacon Steak
Chicken & Vegetable Bake
Creamed Potatoes
Green Beans or Baton Carrots
Cheesecake

THURSDAY

Chicken Fajitas
Savoury Meatballs in Gravy & Crusty Wholemeal Herby Bread
Boiled Potatoes or Potato Wedges
Green Beans or Salad
Fresh Fruit Salad

FRIDAY

Battered Cod Fillets
Hunters Chicken
Jacket Potato or Chipped Potatoes
Sweetcorn Kernels or Garden Peas
Blueberry Muffin

WEEK 3

MONDAY

Chicken & Vegetable Balti
Fish Finger & Salad Cones
Savoury Diced Potatoes or Wholegrain Rice
Country Vegetables or Garden Peas
Lemon Sponge & Custard

TUESDAY

Oriental Beef & Vegetable Stirfry
Sausage in Onion Gravy
Noodles or Creamed Potatoes
Cauliflower or Broccoli
Fruity Flapjack

WEDNESDAY

Roast Pork & Stuffing
Lamb Shepherd's Pie
Mashed Potatoes
Green Beans or Baton Carrots
Trifle

THURSDAY

Beef Bolognaise
Cauliflower & Broccoli Bake
Pasta or Jacket Potato
Country Vegetables or Sweetcorn Kernels
Steamed Jam Sponge & Custard

FRIDAY

Chicken Enchilada
Beef Burger in a Bun
Wholegrain Rice or Chipped Potatoes or Salad
Garden Peas or Baked Beans
Chocolate & Banana Cookie

September 2017						
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	29	30	1

October 2017						
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 2017						
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 2017						
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