

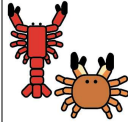













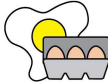






BRIDGEND COMPREHENSIVE SCHOOL MAIN MEAL MENU – WEEK 3

✓ = contains MC = may contain MONDAY														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Chicken & Vegetable Balti														
Fish Finger & Salad Cones		✓			✓									
Savoury Diced Potatoes		✓												
Wholegrain Rice														
Country Vegetables														
Garden Peas														
Lemon Sponge		✓		✓			✓						✓	
Custard		MC					✓						MC	



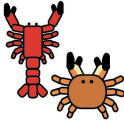

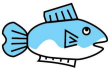
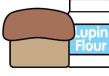








BRIDGEND COMPREHENSIVE SCHOOL MAIN MEAL MENU – WEEK 3

✓ = contains MC = may contain TUESDAY														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Oriental Beef & Vegetable Stirfry														
Sausages in Onion Gravy	MC	✓		MC			MC		MC				✓	✓
Noodles	MC	✓		✓					MC			MC	MC	
Creamed Potatoes							✓							✓
Broccoli														
Cauliflower														
Fruity Flapjack		✓		MC			MC						MC	

BRIDGEND COMPREHENSIVE SCHOOL MAIN MEAL MENU – 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 Pork														
Stuffing		✓												
Gravy	MC	✓		MC			MC		MC				✓	
Lamb Shepherd's Pie	MC	✓		MC			✓		MC				✓	
Mashed Potatoes							✓							✓
Green Beans														
Baton Carrots														
Trifle		MC					✓						MC	✓

BRIDGEND COMPREHENSIVE SCHOOL MAIN MEAL MENU – 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
Beef Bolognaise	✓	✓												
Cauliflower & Broccoli Bake	MC	✓		MC			✓		MC				MC	
Pasta		✓												
Jacket Potato														
Country Vegetables														
Sweetcorn Kernels														
Steamed Jam Sponge		✓		✓			✓						✓	
Custard		MC					✓						MC	

BRIDGEND COMPREHENSIVE SCHOOL MAIN MEAL MENU – 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 Enchilada		✓					✓							
Beef Burger in a Bun	✓	✓							✓	✓	✓		✓	
Wholegrain Rice														
Chipped Potatoes														
Baked Beans														
Garden Peas														
Chocolate & Banana Cookie		✓		✓			✓						MC	