



NAME:

SCHOOL:

**ALLERGY:
Nut Free**

**Also served
daily:**

Fresh Fruit
Wholemeal Bread
Yoghurt
Semi-Skimmed Milk
Water

Cyngor Bwrdeistref Sirol

Penrhynont ar Ogwr
**ONLY THE
FOOD STATED
ON THIS MENU
IS TO BE
SERVED**
BRIDGEND
County Borough Council

PRIMARY MENU

WEEK 1 WEEK 2 WEEK 3

MONDAY Cod & Salmon Fish Fingers Or Broccoli & Tomato Pasta Herby Diced Potatoes Baked Beans, Sweetcorn, Garden Peas, Salad Raspberry Peach Swirl Sponge & Custard	MONDAY Mini Omelette with Pork Sausage Or Five Bean Chilli with French Bread Potato Wedges or Vegetable Rice Baked Beans, Garden Peas, Salad Eve's Sponge & Custard	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 Beef Bolognaise Or Falafel Burger Pasta or Potato Wedges Mixed Vegetables, Broccoli, Salad Fruit Yoghurt or Fresh Fruit	TUESDAY Seaside Salmon Fillet Or Vegetable Plant Ball in Tomato Sauce with French Bread Pasta or Diced Potatoes Broccoli, Garden Peas, Sweetcorn, Salad Fruit Yoghurt or Fresh Fruit	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 Turkey & Stuffing in rich Gravy Or Vegetable Sausage Boiled or Creamed Potatoes Green Cabbage, Carrots & Diced Swede Jelly with Strawberry Swirl	WEDNESDAY Roast Pork & Apple Sauce in Rich Gravy Or Vegetable Casserole Creamed or Boiled Potatoes Green Beans, Swede & Broccoli Tropical Rice Pudding	WEDNESDAY Roast Beef with Rich Gravy Or Quorn Fillet Boiled or Creamed Potatoes Baton Carrots, Cabbage, Swede Artic Roll and Fruit Wedges
THURSDAY Meatballs in Rich Gravy Or Vegetable & Lentil Shepherds Pie Creamed or Boiled Potatoes Carrots, Garden Peas, Broccoli, Salad Fruit Yoghurt or Fresh Fruit	THURSDAY Chicken Fillet in Rich Gravy Or Vegetable Sausage Boiled or Creamed Potatoes Carrots, Cabbage, Country Vegetables, Salad Fruit Yoghurt or Fresh Fruit	THURSDAY Pork Frikadellons Or Garden Vegetable Pie Creamed Potatoes or Boiled Potatoes Baked Beans, Carrots, Garden Peas 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	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	FRIDAY Chicken Tikka/Korma Or Vegetarian Hot Dogs Vegetable Rice or Chipped Potatoes Broccoli, Sweetcorn, Garden Peas, Salad Strawberry Delight Crunch