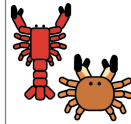



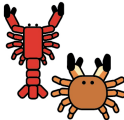


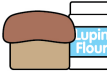










BRIDGEND COMPREHENSIVE SCHOOL MAIN MEAL MENU 2024-2025 – WEEK 3

✓ = contains MC = may contain MONDAY														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Beef Bolognaise	✓													
Falafel Burger		✓ - wheat & rye										MC		
Jacket Potato														
Pasta		✓ - wheat												
Sweetcorn														
Garden Peas														
Salad	MC													
Fresh Fruit														
Yogurt							✓							








BRIDGEND COMPREHENSIVE SCHOOL MAIN MEAL MENU 2024-2025 – 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
Tuna & Cheese Melt		✓ - wheat			✓		✓		MC				MC	
Broccoli & Tomato Pasta		✓ - wheat												
Herby Diced Potatoes		✓ - wheat												
Jacket Potato														
Country Mixed Vegetables														
Coleslaw				✓					MC					
Chocolate Orange Sponge Slice		✓ - wheat		✓			✓						✓	



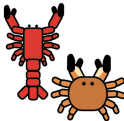


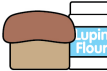








BRIDGEND COMPREHENSIVE SCHOOL MAIN MEAL MENU 2024-2025 – WEEK 3

✓ = 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 Turkey														
Stuffing		✓ - wheat												
Vegetable Sausage		✓ - wheat												
Gravy	MC	✓ - wheat		MC			MC		MC				MC	
Vegetarian Gravy														
Boiled Potatoes														✓
Garden Peas														
Broccoli														
Carrots														
Fresh Fruit														
Yogurt							✓							

BRIDGEND COMPREHENSIVE SCHOOL MAIN MEAL MENU 2024-2025 – 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
Meatballs in Tomato Sauce		✓ - wheat					✓							
Vegetable Fajita		✓ - wheat												
Pasta		✓ - wheat												
Savoury Rice														
Mini Corn Cobs														
Garden Peas														
Salad	MC													
Tropical Rice Pudding							✓							

BRIDGEND COMPREHENSIVE SCHOOL MAIN MEAL MENU 2024-2025 – 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
Battered Fish Fillet		✓ - wheat			✓									
Cauliflower & Red Pepper Curry	MC								✓	MC – almonds & Cashews	MC	MC	MC	
Chipped Potatoes														
Wholegrain Rice														
Broccoli														
Coleslaw				✓					MC					
Salad	MC													
Fresh Fruit														
Yogurt							✓							