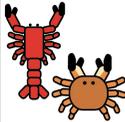
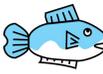
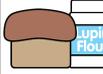
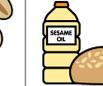
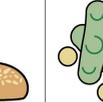
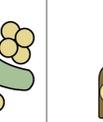
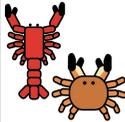
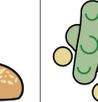
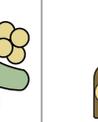


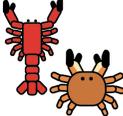
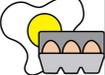
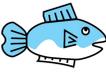
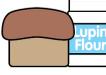
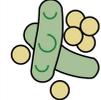
BRIDGEND PRIMARY SCHOOL MENU 2023-2024 – WEEK 3

✓ = 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 MC - rye, oats, & barley					✓							
Semi-Skimmed Milk							✓							

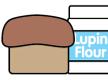
BRIDGEND PRIMARY SCHOOL MENU 2023-2024 – WEEK 3

✓ = 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 MC - rye, oats, & barley					✓							
Fresh Fruit														
Semi-Skimmed Milk							✓							

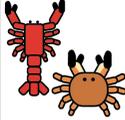
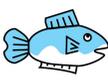
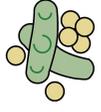
BRIDGEND PRIMARY SCHOOL MENU 2023-2024 – WEEK 3

✓ = 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														
Garden Vegetable Pie	✓													
Gravy	MC	✓ - wheat & barley		MC			MC		MC				MC	
Free From Gravy														
Creamed Potatoes (with Sunlite spread only)														✓
Boiled Potatoes														✓
Carrots														
Cabbage														
Swede														
Wholemeal Bread		✓ - wheat											✓	
Arctic Roll & Fruit Wedges		✓ - wheat		✓			✓						✓	
Yoghurt							✓							
Cheese & Biscuits		✓ - wheat MC - rye, oats, & barley					✓							
Fresh Fruit														
Semi-Skimmed Milk							✓							

BRIDGEND PRIMARY SCHOOL MENU 2023-2024 – 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		✓										
Quorn Fillet		✓ - wheat												
Gravy	MC	✓ - wheat & barley		MC			MC		MC				MC	
Free From Gravy														
Creamed Potatoes (with Sunlite spread only)														✓
Boiled Potatoes														✓
Baked Beans														
Carrots														
Garden Peas														
Wholemeal Bread		✓ - wheat											✓	
Yoghurt							✓							
Cheese & Biscuits		✓ - wheat MC - rye, oats, & barley					✓							
Fresh Fruit														
Semi-Skimmed Milk							✓							

BRIDGEND PRIMARY SCHOOL MENU 2023-2024 – 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		
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 MC - rye, oats, & barley					✓							
Fresh Fruit														
Semi-Skimmed Milk							✓							