

LUNCH MENU

The FUTURE of
FOOD

WEEK COMMENCING: 25th September

MONDAY

Slow Cooked Welsh Beef Cawl

Welsh Rarebit on Herb Bread

Contains: Wheat & Milk

Steamed Potato

Buttery carrots & peas

TUESDAY

Creamy Chicken penne pasta

Contains: Wheat & Milk

Creamy vegetable penne pasta

Contains: Wheat & Milk

Garlic bread

Contains: Wheat

Steamed Greens & sweetcorn

WEDNESDAY

All Day Breakfast

Smoked Bacon, Sausages (Vegetarian option available), Baked Beans, Hash Browns, Mushrooms, Roast Tomato, Scrambled Egg, Black pudding

THURSDAY

Slow cooked Beef & carrot stew

Soya mince with mixed root veg stew

Contains: Soya

Champ Potatoes

Contains: Milk

Broccoli & Peas

FRIDAY

Fish Fridays

Battered Fish of the day

Contains: Wheat & Fish

Cheese & Onion puffs

Contains: Egg & Wheat & Milk

Lightly spiced potato wedges

Baked beans and/or mushy buttery peas

Pudding of the week

Pupils choice

EVERYDAY

A selection of freshly made salads.

Mixed leaf, tomatoes, cucumber, carrots, mixed peppers & grated cheese

Jacket potatoes & penne pasta

Freshly made-in-house bread

Soup of the Day

Yogurt pots, sultanas/raisins and banana chips

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE