

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>Jumbo Fish Finger *OR*</p> <p>Baked Veggie Nuggets </p> <p>Served with creamed mashed potato & baked beans</p> <p>.....</p> <p>Fresh Baked Bread Fruit Sponge & Cream & Fresh Fruit</p> <p> PASTA POTS </p>	<p>Welsh Beef Bolognaise *OR*</p> <p>Veggie Pasta Bolognaise </p> <p>Served with pasta in tomato sauce, peas & garlic bread</p> <p>.....</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p> SANDWICHES </p>	<p>Roast Chicken Dinner of the Day *OR*</p> <p>Veggie Roast Dinner of the Day </p> <p>Served with roast potato, carrots, broccoli & Yorkshire pudding</p> <p>.....</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p> JACKET POTATO </p>	<p>Chicken Curry & Naan Bread *OR*</p> <p>Vegetable Jalfrezi </p> <p>Served with rice, peas & naan bread</p> <p>.....</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p> SANDWICHES </p>	<p>Beef Burger or Vegan Burger </p> <p>in a Bun *OR*</p> <p>Salmon Fillet</p> <p>Served with chips & veg sticks</p> <p>.....</p> <p>Fresh Baked Bread Cocoa Cookie & Fresh Fruit</p> <p> PASTA POTS </p>
WEEK 2	<p>Baked Sausage *OR*</p> <p>Baked Vegan Sausage </p> <p>Served with Mashed Potato, Peas and Gravy</p> <p>.....</p> <p>Fresh Baked Bread Marble Sponge & Cream & Fresh Fruit</p> <p> PASTA POTS </p>	<p>Tuscan Chicken & Pasta Served with pasta, sweetcorn & garlic bread *OR*</p> <p>Tomato Pasta Bake with Garlic Bread</p> <p>.....</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p> SANDWICHES </p>	<p>Roast Turkey Dinner of the Day *OR*</p> <p>Veggie Roast Dinner of the Day </p> <p>Served with roast potatoes, carrots, green beans & Yorkshire pudding</p> <p>.....</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p> JACKET POTATO </p>	<p>Baked Fish Fillet Served with creamed mashed potato & baked beans *OR*</p> <p>Chilli Non Carne </p> <p>Vegetarian mince chilli served with rice & peas</p> <p>.....</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p> SANDWICHES </p>	<p>Chicken Nuggets Served with chips & veg sticks *OR*</p> <p>Vegetable Tortilla Stack </p> <p>Served with chips & veg sticks</p> <p>.....</p> <p>Fresh Baked Bread Shortbread Biscuit & Fresh Fruit</p> <p> PASTA POTS </p>
WEEK 3	<p>Big Breakfast Bacon, free range Omelette, Baked Beans and a wedge of Bread *OR*</p> <p>Veggie Big Breakfast </p> <p>Vegan sausage, free range omelette, baked beans and a wedge of Bread</p> <p>.....</p> <p>Fresh Baked Bread Cocoa Sponge & Cream & Fresh Fruit</p> <p> PASTA POTS </p>	<p>Meatballs & Pasta *OR*</p> <p>Veggie Meatballs & Pasta </p> <p>Vegetarian meatballs in a tomato sauce, peas & garlic bread</p> <p>.....</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p> SANDWICHES </p>	<p>Roast Chicken Dinner of the Day *OR*</p> <p>Veggie Roast Dinner of the Day </p> <p>Served with mashed potatoes & garden peas, carrots & Yorkshire pudding</p> <p>.....</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p> JACKET POTATO </p>	<p>Ham & Cheese Calzone Pocket *OR*</p> <p>Cheese & Tomato Calzone Pocket </p> <p>Served with baked wedges & peas</p> <p>.....</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p> SANDWICHES </p>	<p>Chicken Burger or Vegan Burger </p> <p>in a Bun *OR*</p> <p>Baked Cod Goujons</p> <p>Served with chips & veg sticks</p> <p>.....</p> <p>Fresh Baked Bread Cocoa Krispie Cake & Fresh Fruit</p> <p> PASTA POT </p>
	<p>NEW SALAD BAR To help children reach their 5 a day every school now has a new help yourself salad bar. Children can fill up on a choice of at least 6 fresh salad items every day. Available with every meal choice.</p>	<p>NEW DESSERT BARS Our aim is to get children to eat more fruit based desserts at lunchtime. Each school now has a new help yourself dessert bar where children can choose Llaeth Y Llan yogurts and top with a wide choice of fresh seasonal fruits.</p>	<p>APPROVED This menu has been nutritionally analysed in line with Welsh Government Guidance to meet pupils needs for protein, carbohydrates, fat, sugar and salt.</p>	<p>ALLERGENS & INTOLERANCES Many of our dishes are available to accommodate special dietary requirements - please contact our Cook to discuss these options</p>	

KEY:

Suitable for Vegetarians

Vegan Option Available

Additional Daily Option

PLEASE NOTE:

OUR MENUS COULD BE SUBJECT TO CHANGE DUE TO NATIONWIDE SUPPLY ISSUES.