

# Week 1

1

Week starting:  
9/1/23 30/1/23 20/2/23  
13/3/23 3/4/23 24/4/23  
22/5/23 12/6/23 3/7/23

**MONDAY**  
Home Baked Cheese & Tomato Pizza  
or  
Vegan Topped Pizza served with Potato Wedges, Baked Beans & Veggie Sticks

**THURSDAY**  
Yorkshire Pudding Filled with Slow Cooked Beef  
or  
Vegan Quorn Fillet Cooked in Gravy served with Mashed & Roast Potato, Broccoli & Carrots

**TUESDAY**  
Homemade Cottage Pie  
or  
Vegan Mince Cottage Pie served with Carrots & Broccoli, Gravy & Crusty Bread

**FRIDAY**  
Oven Baked Salmon Fish Fingers  
or  
Vegan Quorn Dippers served with Chipped Potatoes Sweetcorn & Peas  
or  
Baked Beans

**WEDNESDAY**  
Home Baked Chicken Neapolitan Pasta  
or  
Vegetable Neapolitan Pasta Bake served with Peas, Sweetcorn & Crusty Bread

# Week 2

2

Week starting:  
16/1/23 6/2/23 27/2/23  
20/3/23 10/4/23 8/5/23  
29/5/23 19/6/22 10/7/23

**MONDAY**  
Cheesy Topped Tomato Pasta Bake  
or  
Vegan Cheesy Topped Pasta Bake served with Carrots, Peas & Crusty Bread

**THURSDAY**  
Roast Turkey in Gravy  
or  
Vegan Quorn Sausage served with Roast & Mashed Potato, Cabbage, Carrot & Swede Mash & Mini Yorkshire Pudding

**TUESDAY**  
Beef Burger in a Bun  
or  
Vegan Bean Burger in a Bun served with Herby Diced Potatoes, Crunchy Slaw, Baked Beans or Sweetcorn

**FRIDAY**  
Birds Eye Fish Fingers  
or  
Fishless Fingers served with Chipped Potatoes, Sweetcorn & Crusty Bread

**WEDNESDAY**  
Homemade Beef Bolognese  
or  
Vegan Bolognese served with Pasta, Seasonal Vegetables & Crusty Bread

# Week 3

3

Week starting:  
23/1/23 13/2/23 6/3/23  
27/3 23 17/4/23 15/5/23  
5/6/23 26/6/23 17/7/23

**MONDAY**  
Pork Meatballs  
or  
Vegan Meatballs in Gravy served with Pasta, Broccoli, Carrots & Crusty Bread

**THURSDAY**  
Roast Chicken Fillet in Gravy  
or  
Vegan Quorn Fillet served with Roast & Mashed Potato, Peas, Broccoli, Carrots, Mini Yorkshire Pudding & Crusty Bread

**TUESDAY**  
Chicken Burger in a Bun  
or  
Vegan Quorn Fillet in a Bun served with Potato Wedges, Sweetcorn & Veggie Sticks

**FRIDAY**  
Oven Baked Salmon Bites  
or  
Vegan Sausages served with Jacket Wedges, Baked Beans or Peas, Sweetcorn & Veggie Sticks

**WEDNESDAY**  
Homemade Beef Bolognese  
or  
Vegetable Bolognese served with Pasta, Peas, Broccoli & Crusty Bread



Our menus continue to follow the Welsh Government's Food and Nutritional Standards set out in the Healthy Eating (Wales) Regulations 2013.  
Go to [www.food.gov.uk/ratings](http://www.food.gov.uk/ratings) to find out the food hygiene rating of our schools or ask them to tell you their

Welcome to our September 2022 menu

A Selection of Desserts available daily

Whole Fresh Fruit or Yogurt/Cheese & Crackers/Cookies and Welsh Cakes accompanied with Fresh Fruit Slices

Ice Cream with Fresh Fruit Slices every Thursday

Vegan Cookies/Fresh Fruit/Vegan Cheese & Crackers/Jelly

Allergen information to accompany this menu is held in the Kitchen and available upon request

Please contact us if your child has specialist dietary needs; we aim to provide a healthy balanced school meal for every pupil  
[www.bigfreshcatering.co.uk](http://www.bigfreshcatering.co.uk)

Unlimited fresh bread is available daily

