

# Cefn Saeson Comprehensive School

## WEEK 1 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meal of the Day</b> <b>Option 1</b> <i>(includes bottle of water)</i>	Southern Fried Chicken Fillet Potato Wedges Beans or Sweetcorn	Pork Sausage Dinner Creamed Potato Carrots/Broccoli & Gravy	BBQ Chicken Herby Diced Potatoes Green Beans/ Sweetcorn	Roast Beef Dinner Yorkshire Pudding Creamed Potato Carrots/ Cabbage/Peas & Gravy	Fish/Sausage Chips Beans/Gravy/Curry Sauce Grated Cheese
<b>Meal of the Day</b> <b>Option 2</b> <i>(includes bottle of water)</i>	Beef Bolognese Pasta Spirals Sweetcorn Garlic Bread Grated Cheese	Chicken Korma Curry Naan Bread Rice Sweetcorn	Pork & Carrot Meatballs in a Tomato Sauce Pasta Spirals Green Beans/ Sweetcorn Garlic Bread	Sweet Chilli Chicken Noodle Stir Fry	Pasty and the above items listed in Option 1
<b>Vegetarian Option</b> <i>(includes bottle of water)</i>	Arrabbiata Pasta Bake Sweetcorn/Peas Garlic Bread	Vegetarian Sausage Dinner Creamed Potato & Veg	Macaroni Cheese	Quorn Sweet Chilli Noodle Stir Fry	Pizza and the above items listed in Option 1
<b>Baguettes, Sandwiches &amp; Rolls</b>	Various selection of Baguettes, Sandwiches & Rolls	Various selection of Baguettes, Sandwiches & Rolls	Various selection of Baguettes, Sandwiches & Rolls	Various selection of Baguettes, Sandwiches & Rolls	Various selection of Baguettes, Sandwiches & Rolls
<b>Grab 'n' Go</b>	Chicken Burger Pizza Jacket Potato Coleslaw/Cheese/Beans Salad Pot Pasta Pot	Chicken Burger Pizza Jacket Potato Coleslaw/Cheese Beans Salad Pot/Pasta Pot	Chicken Burger Pizza Jacket Potato Coleslaw/Cheese Beans Salad Pot/Pasta Pot	Chicken Burger Pizza Jacket Potato Coleslaw/Cheese Beans Salad Pot/Pasta Pot	Pizza/Chips Cheese/Beans Curry Sauce Coleslaw Salad Pot Pasta Pot

**Available Daily:- Fresh Fruit Pots, Yoghurts, Gluten Free Options**

**Food Allergies & Intolerances:- Please speak to our Kitchen Staff about your requirements**