

Cefn Saeson Comprehensive School

WEEK 3 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal of the Day Option 1 <i>(includes a bottle of water)</i>	All Day Breakfast Bacon, Sausage, Omelette, Sautee Potatoes, Beans	Cottage Pie Broccoli/Carrots Roast Potato Gravy	Hunters Chicken Wedges Sweetcorn Peas	Roast Beef Dinner Yorkshire Pudding Creamed Potato Carrots/ Cabbage/Peas & Gravy	Fish & Chips Beans/Gravy/Curry Sauce/Grated Cheese
Meal of the Day Option 2 <i>(includes a bottle of water)</i>	Chicken Tikka Curry Naan Bread Basmati Rice	Beef Spaghetti Bolognese Pasta Spirals Sweetcorn Garlic Bread	Frikadellens Wedges Spaghetti Hoops/ Sweetcorn	Sweet Chilli Chicken & Oriental Vegetable Noodle Stir Fry	Sausage/Pasty and the above items listed in Option 1
Vegetarian Option <i>(includes a bottle of water)</i>	Quorn Tikka Curry	Tomato & Basil Pasta Bake	Macaroni Cheese	Arrabbiata Pasta Bake	Pizza and the above items listed in Option 1
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	Various selection of Baguettes, Sandwiches & Rolls
Grab 'n' Go	Chicken Burger Pizza Jacket Potato Cheese/Beans Salad Pot Pasta Pot	Chicken Burger Pizza Jacket Potato Cheese/Beans Salad Pot Pasta Pot	Chicken Burger Pizza Jacket Potato Cheese/Beans Salad Pot Pasta Pot	Chicken Burger Pizza Jacket Potato Cheese/Beans Salad Pot Pasta Pot	Pizza Cheese/Beans 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