

Cefn Saeson Comprehensive School

WEEK 2 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal of the Day Option 1 <i>(includes a bottle of water)</i>	Sticky BBQ Chicken Herby Diced Potatoes Sweetcorn/Beans	Pork Sausage Dinner Yorkshire Pudding Creamed Potato Carrots, Broccoli Gravy	Chicken Curry Naan Bread Basmati Rice	Turkey & Stuffing Dinner Creamed Potatoes Cabbage, Carrots, Broccoli & Gravy	Fish, Chips Beans/Gravy/Curry Sauce Grated Cheese
Meal of the Day Option 2 <i>(includes a bottle of water)</i>	Beef Chilli Con Carne Rice or Jacket Potato Sweetcorn/Peas	Chilli Beef Fajitas, Grated Cheese Sweetcorn/Mixed Leaf Salad	Southern Fried Chicken Fillet Wedges/Spaghetti Hoops	Sweet Chilli Chicken Noodle Stir Fry	Sausage/Pasty and the above items listed in Option 1
Vegetarian Option <i>(includes a bottle of water)</i>	Arrabbiata Pasta Bake	Tomato & Basil Pasta Bake	Cauliflower & Broccoli Cheese Gratin	Quorn Roast, Stuffing, Creamed Potatoes, Cabbage, Carrots, Broccoli & Gravy	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/Coleslaw Salad Pot Pasta Pot	Chicken Burger Pizza Jacket Potato Cheese/Beans/Coleslaw Salad Pot Pasta Pot	Chicken Burger Pizza Jacket Potato Cheese/Beans/Coleslaw Salad Pot Pasta Pot	Chicken Burger Pizza Jacket Potato Cheese/Beans/Coleslaw Salad Pot Pasta Pot	Pizza Cheese/Beans Chips/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