

# Cefn Saeson Comprehensive School

## WEEK 3 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meal of the Day</b> <b>Option 1</b> <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 Cajun Wedges Sweetcorn	Gammon & Parsley Sauce Creamed Potatoes Peas/Carrots	Fish & Chips Beans/Gravy/Curry Sauce/Grated Cheese
<b>Meal of the Day</b> <b>Option 2</b> <i>(includes a bottle of water)</i>	Chicken Tikka Curry Naan Bread Basmati Rice	Beef Spaghetti Bolognese Pasta Spirals Sweetcorn Garlic Bread	Frikadellens Cajun Wedges Spaghetti Hoops/ Sweetcorn	Hoisin Chicken Noodle Stir Fry	Sausage/Pasty and the above items listed in Option 1
<b>Vegetarian Option</b> <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
<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 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 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**