

# Cefn Saeson Comprehensive School

<b>Week 1 Menu</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<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	Beef Lasagne Creamed Potatoes Peas and Carrots	Hickory BBQ Chicken Herby Diced Potatoes Green Beans /Sweetcorn	Roast Beef Dinner Yorkshire Pudding Creamed Potato Carrots, 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, Tomato Sauce Pasta Spirals Sweetcorn Garlic Bread	Sweet Chilli Chicken & Oriental Vegetable Noodle Stir Fry	Pasty and the above items listed in Option 1
<b>Pasta Bakes / Vegetarian</b>	Arrabbiata Pasta Bake	Tomato & Basil Pasta Bake	Macaroni Cheese Pasta Bake	Quorn Sweet Chilli Noodle Stir Fry	Pizza and the above items listed in Option 1
<b>Baguettes, Sandwiches &amp; Rolls</b>	A variety of Baguettes, Sandwiches & Rolls	A variety of Baguettes, Sandwiches & Rolls	A variety of Baguettes, Sandwiches & Rolls	A variety of Baguettes, Sandwiches & Rolls	A variety of Baguettes, Sandwiches & Rolls
<b>Grab 'n' Go</b>	Chicken Burger Pizza Ham & Cheese Hot Wrap Peperoni Calzone Chicken Goujons	Chicken Burger Pizza Ham & Cheese Hot Wrap Pepperoni Calzone Chicken Goujons	Chicken Burger Pizza Ham & Cheese Hot Wrap Pepperoni Calzone Chicken Goujons	Chicken Burger Pizza Ham & Cheese Hot Wrap Pepperoni Calzone Chicken Goujons	Pizza Pasty Pepperoni Calzone Chicken Goujons Chips

**Available Daily:- Fruit Pots, Fresh Fruit, Yoghurts, Jacket Potatoes, Plain Pasta, Pasta Pot, Salad Pot & Beans**  
**Food Allergies & Intolerances:- Please speak to our Kitchen Staff about your requirements**