

# Cefn Saeson Comprehensive School

<b>Week 3 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 a bottle of water)</i>	All Day Breakfast Bacon, Sausage, Mushrooms, Omelette, Sautee Potatoes, Beans	Chicken Balls Sweet n Sour Sauce Rice Broccoli	Hunters Chicken Wedges Sweetcorn Peas	Roast Beef Dinner Yorkshire Pudding Creamed Potato Carrots, Broccoli & Gravy	Fish/Sausage Chips Beans/Gravy/fsCurr y 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 Sweetcorn	Beef 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
<b>Vegetarian</b> <b>Option</b> <i>(includes a bottle of water)</i>	Creamy Pepper Penne	Tomato & Basil Pasta Bake	Macaroni Cheese	Arrabbiata Pasta Bake	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 Peperoni Calzone Chicken Goujons	Chicken Burger Pizza Ham & Cheese Hot Wrap Peperoni Calzone Chicken Goujons	Chicken Burger Pizza Ham & Cheese Hot Wrap Peperoni Calzone Chicken Goujons	Pizza Pasty Peperoni 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**