

Cefn Saeson Comprehensive School

Week 1 Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal of the Day Option 1 <i>(includes bottle of water)</i>	Southern Fried Chicken Fillet Potato Wedges Beans	Beef Lasagne New Potatoes Peas	Hickory BBQ Chicken Herby Diced Potatoes Green Beans	Roast Beef Dinner Yorkshire Pudding Creamed Potato Carrots, Broccoli & Gravy	Fish/Sausage Chips Beans/Gravy/Curry Sauce Grated Cheese
Meal of the Day Option 2 <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	As Above
Pasta Bakes / Vegetarian	Arrabbiata Pasta Bake	Tomato & Basil Pasta Bake	Macaroni Cheese Pasta Bake	Pasta Bake	Pizza and the above items listed in Option 1
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	A variety of Baguettes, Sandwiches & Rolls
Grab 'n' Go	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 Sausage Roll 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