

Cefn Saeson Comprehensive School

WEEK 1 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal of the Day Option 1 <i>(includes bottle of water)</i>	Chicken Fillet Burger Potato Wedges Beans	Corned Beef Pie New Potatoes Peas Gravy	Hickory BBQ Chicken Herby Diced Potatoes Green Beans	Roast Beef Dinner Yorkshire Pudding Creamed Potato Carrots/ Cabbage/Peas & 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 in a Tomato Sauce Pasta Spirals Sweetcorn Garlic Bread		Pasty and the above items listed in Option 1
Vegetarian Option <i>(includes bottle of water)</i>	Arrabbiata Pasta Bake	Tomato & Basil Pasta Bake	Macaroni Cheese	Garlic & Parmesan 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	
Grab 'n' Go	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 Sausage Roll Peperoni Calzone Chicken Goujons Chips

Available Daily:- Fresh Fruit, Yoghurts, Jacket Potatoes, Plain Pasta, Pasta Pot, Salad Pot & Beans

Food Allergies & Intolerances:- Please speak to our Kitchen Staff about your requirements

Gluten Free, Vegetarian, Vegan and Halal Options Available on request

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