

Cefn Saeson Comprehensive School

Week 3 Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal of the Day Option 1 <i>(includes a bottle of water)</i>	Sausage Cheese & Potato Pie Baked Beans	Chicken Balls Sweet n Sour Sauce Rice Broccoli	Beef Lasagne Wedges Peas	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 a bottle of water)</i>	Chicken Tikka Curry Naan Brea Rice Sweetcorn	Beef Bolognese Pasta Spirals Sweetcorn Garlic Bread Grated Cheese	Frikadellens Wedges Spaghetti Hoops		As Above
Vegetarian Option <i>(includes a bottle of water)</i>	Creamy Pepper Pasta Bake	Tomato & Basil Pasta Bake	Macaroni Cheese	Arrabbiata 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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