

Cefn Saeson Comprehensive School

Week 3 Menu

Autumn 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal of the Day/Set Meal Option 1 <i>(includes water)</i>	Beef Bolognese, Pasta Sweetcorn Garlic Bread & Cheese	Chicken Curry Naan Bread Long Grain Rice Sweetcorn	Breaded Chicken Fillet, Herby Diced Potatoes, Beans or Veg	Roast Beef Dinner Yorkshire Pudding Mash & Roast Potato Carrots, Broccoli & Gravy	Fish, Sausage Chips Beans, Gravy, Curry Sauce Grated Cheese
Option 2	Hot Dog Monday!	Chicken Tikka/BBQ Chicken/Meatball & Tomato Subs	Chicken Tikka/BBQ Chicken/Meatball & Tomato Subs	Chicken Tikka/BBQ Chicken/Meatball & Tomato Subs	
Option 3	Pasta Bake/Salad Bowl	Pasta Bake/Salad Bowl	Pasta Bake/Salad Bowl	Pasta Bake/Salad Bowl	
Baguettes, Sandwiches & Wraps	A variety of Baguettes, Sandwiches & Chicken Tikka Wraps	A variety of Baguettes, Sandwiches & Chicken Tikka Wraps	A variety of Baguettes, Sandwiches & Chicken Tikka Wraps	A variety of Baguettes, Sandwiches & Chicken Tikka Wraps	A variety of Baguettes, Sandwiches & Chicken Tikka Wraps
Grab 'n' Go	Chicken Burger Pizza Ham & Cheese Wrap Peperoni Calzone Chicken Goujons	Chicken Burger Pizza Ham & Cheese Wrap Peperoni Calzone Chicken Goujons	Chicken Burger Pizza Ham & Cheese Wrap Peperoni Calzone Chicken Goujons	Chicken Burger Pizza Ham & Cheese Wrap Peperoni Calzone Chicken Goujons	Pizza Sausage Roll Cheese Burger Peperoni Calzone Chicken Goujons

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