

# Cefn Saeson Comprehensive School

## Week 3 Menu

Winter 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meal of the Day/Set Meal</b> <b>Option 1</b> <i>(includes water)</i>	Beef Bolognese, Pasta Sweetcorn, Garlic Bread & Grated 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
<b>Option 2</b>	Hot Dog Monday!	Chicken Tikka/BBQ Chicken/Meatball Subs	Chicken Tikka/BBQ Chicken/Meatball Subs	Chicken Tikka/BBQ Chicken/Meatball Subs	
<b>Option 3</b>	Pasta Bake/Salad Bowl/Soup	Pasta Bake/Salad Bowl/Soup	Pasta Bake/Salad Bowl/Soup	Pasta Bake/Salad Bowl/Soup	
<b>Baguettes &amp; Sandwiches</b>	A variety of Baguettes & Sandwiches	A variety of Baguettes & Sandwiches	A variety of Baguettes & Sandwiches	A variety of Baguettes & Sandwiches	A variety of Baguettes & Sandwiches
<b>Grab 'n' Go</b>	Pizza 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 Cheeseburger Peperoni Calzone Chicken Goujons

**Available Daily: - Fresh Fruit, Yoghurts, Jacket Potato, Plain Pasta, Beans, Sausage Rolls & Pasty's**

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

**Gluten Free, Vegetarian, Vegan and Halal Options Available by request**