

3 Week Compliant Menu Cycle - Issue 5 January 2023 Approved by: *M Lewis*

Week 1	Week 2	Week 3
<b>Monday</b>		
Southern Fried Chicken Goujons Chipped Potatoes & Sweetcorn ~ Ravioli (V) with Cheese Mashed Potatoes & Peas ~ Salad Bar ~ Apple & Raspberry Crumble with Custard	Lasagne / Pasta Bake Savoury Herb Diced Potatoes & Garlic Mushrooms ~ Margherita Pizza (V) Italian Potato Wedges & Baked Beans ~ Salad Bar ~ Adam & Eve Sponge with Custard	Sausages Chipped Potatoes & Baked Beans ~ Macaroni Cheese (V) with Garlic Bread & Broccoli / Spinach ~ Salad Bar ~ Chocolate & Orange Sponge with Custard
<b>Tuesday</b>		
Beef Bolognese Garlic Bread, Spaghetti & Peas ~ Margherita Pizza (V) Non-Fried Herby Potato Bites & Baked Beans ~ Salad Bar ~ Flapjack & Fruit Juice	Minced Beef Pie, Parsley Potatoes, Carrots & Gravy ~ Ravioli (V) with Cheese, Mashed Potatoes & Peas ~ Salad Bar ~ Delight & Fruit Juice	Meatballs, Potato Swirls / Spaghetti in Tomato Sauce & Peas ~ Tomato & Lentil Pasta Bake (V) Italian Potato Wedges & Sweetcorn ~ Salad Bar ~ Artic Roll & Fruit Juice
<b>Wednesday</b>		
Chicken Breast Mashed / Boiled Potatoes Swede, Cabbage & Gravy ~ Quorn Sausage (V) Sage & Thyme Roast Potatoes, Carrots & Gravy ~ Salad Bar ~ Various Jelly	Sliced Pork & Seasoning, Sage & Thyme Roast Potatoes, Broccoli, Cauliflower & Gravy ~ Cottage Pie (V) Boiled Potatoes, Carrots & Gravy ~ Salad Bar ~ Raspberry Mousse Slice	Sliced Beef & Yorkshire Pudding, Oven Baked Crispy Roast Potatoes, Cabbage, Carrots & Gravy ~ Sausage (V) Mashed Potatoes, Peas & Gravy ~ Salad Bar ~ Yoghurt
<b>Thursday</b>		
Sausages Mashed Potatoes & Baked Beans ~ Meat Free Meatballs (V) in Tomato & Basil Sauce, Pasta & Peas ~ Salad Bar ~ Chocolate Sponge & Custard	Chicken Curry Various (Korma, masala or fruity) Rice, Sweetcorn & Peas ~ Pizza Bagel Italian Potato Wedges & Baked Beans ~ Salad Bar ~ Fruity Flapjack	Cottage Pie Mashed Potatoes, Carrots & Gravy ~ Margherita Pizza Non-Fried Herby Potato Bites & Coleslaw ~ Salad Bar ~ Caramel Apple Crumble & Ice Cream
<b>Friday</b>		
Jumbo Fish Finger Salmon Fishcake Chipped Potatoes & Sweetcorn with Tomato Sauce ~ Fruity Vegetable Curry (V) Rice & Peas ~ Salad Bar ~ Citrus Oat Cookie & Fruit Juice	Fish Portion Chipped / Boiled Potatoes & Baked Beans ~ Cheese Potato Pie (V) & Tomatoes ~ Salad Bar ~ Chocolate Cookie & Fruit Juice	Sea Stars Salmon Fishcake Chipped Potatoes Baked Beans or Peas Fruity Curry Sauce ~ Cheese Panini (V) Savoury Wedges ~ Salad Bar ~ Honey & Lemon Cookie & Fruit Juice

A selection of baked potatoes, pasta and sauce or sandwiches/rolls available daily served with a choice of fillings plus salad or accompaniment. Please check with your school for availability.

Fresh Milk / Drinking Water, Wholemeal Bread, Various Fruit Selection, Fruit & Ice Cream and Yoghurt available daily.

The menu mix displayed is for guidance only. Customers will be free to make their own daily accompaniments selection.

Caerphilly Catering Services reserve the right to change products subject to availability.

Please Note: The above menu contains allergens.