



# Week

# 1

Week starting:  
4/9/23, 25/9/23  
16/10/23

## MONDAY

Home Baked  
Cheese & Tomato Pizza  
or  
Vegan Topped Pizza  
served with  
Potato Wedges,  
Baked Beans & Veggie  
Sticks

## THURSDAY

Yorkshire Pudding Filled  
with Slow Cooked Beef  
or  
Vegan Quorn Fillet  
Cooked in Gravy  
served with Mashed &  
Roast Potato,  
Broccoli & Carrots

## TUESDAY

Homemade  
Cottage Pie  
or  
Vegan Mince Cottage Pie  
served with  
Carrots & Broccoli,  
Gravy  
&  
Crusty Bread

## FRIDAY

Oven Baked Salmon Fish  
Fingers  
or  
Vegan Quorn Dippers  
served with  
Chipped Potatoes  
Sweetcorn & Peas  
or  
Baked Beans

## WEDNESDAY

Home Baked  
Chicken Neapolitan Pasta  
or  
Vegetable Neapolitan  
Pasta Bake  
served with Peas,  
Sweetcorn & Crusty  
Bread

# Week

# 2

Week starting:  
11/9/23, 2/10/23  
23/10/23

## MONDAY

Cheesy Topped  
Tomato Pasta Bake  
or  
Vegan Cheesy Topped  
Pasta Bake  
served with  
Carrots, Peas  
& Crusty Bread

## THURSDAY

Roast Turkey in Gravy  
or  
Vegan Quorn Sausage  
served with  
Roast & Mashed Potato,  
Cabbage,  
Carrot & Swede Mash &  
Mini Yorkshire Pudding

## TUESDAY

Beef Burger in a Bun  
or  
Vegan Bean Burger  
in a Bun  
served with  
Herby Diced Potatoes,  
Crunchy Slaw,  
Baked Beans or  
Sweetcorn

## FRIDAY

Birds Eye  
Fish Fingers  
or  
Fishless Fingers  
served with  
Chipped Potatoes,  
Sweetcorn  
&  
Crusty Bread

## WEDNESDAY

Homemade Beef  
Bolognese  
or  
Vegan Bolognese  
served with Pasta,  
Seasonal Vegetables &  
Crusty Bread

# Week

# 3

Week starting:  
18/9/23, 9/10/23  
30/10/23

## MONDAY

Pork Meatballs  
or  
Vegan Meatballs  
in Gravy  
served with  
Pasta,  
Broccoli, Carrots &  
Crusty Bread

## THURSDAY

Roast Chicken Fillet in  
Gravy or  
Vegan Quorn Fillet  
served with  
Roast & Mashed Potato,  
Peas, Broccoli, Carrots,  
Mini Yorkshire Pudding  
&  
Crusty Bread

## TUESDAY

Chicken Burger in a Bun  
or  
Vegan Quorn Fillet  
in a Bun  
served with  
Potato Wedges,  
Sweetcorn &  
Veggie Sticks

## WEDNESDAY

Homemade Beef  
Bolognese  
or  
Vegetable Bolognese  
served with Pasta,  
Peas, Broccoli  
&  
Crusty Bread

## FRIDAY

Oven Baked Salmon Bites  
or  
Vegan Sausages  
served with  
Jacket Wedges,  
Baked Beans or  
Peas, Sweetcorn &  
Veggie Sticks

Our menus continue to follow the Welsh Government's Food and Nutritional Standards set out in the Healthy Eating (Wales) Regulations 2013.  
Go to [www.food.gov.uk/ratings](http://www.food.gov.uk/ratings) to find out the food hygiene rating of our schools or ask them to tell you their

the **BIG FRESH**  
Catering  
company

Welcome to our September 2022 menu

A Selection of Desserts available daily

Whole Fresh Fruit or Yogurt/Cheese & Crackers/Cookies and Welsh Cakes accompanied with Fresh Fruit Slices

Ice Cream with Fresh Fruit Slices every Thursday

Vegan Cookies/Fresh Fruit/Vegan Cheese & Crackers/Jelly

Allergen information to accompany this menu is held in the Kitchen and available upon request

Please contact us if your child has specialist dietary needs; we aim to provide a healthy balanced school meal for every pupil  
[www.bigfreshcatering.co.uk](http://www.bigfreshcatering.co.uk)

Unlimited fresh bread is available daily

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