

Our Freshly Made, Locally Loved Menu Autumn 25/Spring 26



Refresh



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Jumbo Fish Finger or Baked Salmon Fillet *OR* Freshly Made Mac 'n' Cheese with Garlic Bread Slice ✓ Garden Peas or Baked Beans & Mashed Potato FRESH PASTA POTS Home Baked Apple Crumble & Custard or Fresh Fruit	Freshly Made Welsh Beef Bolognaise 🍷 *OR* Freshly Made Vegetable & Lentil Bolognaise with Wholegrain Pasta ✓ Pasta & Garlic Bread Slice FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Roast Chicken Dinner *OR* Veggie Roast Dinner ✓ Roast Potatoes, Carrots & Steamed Broccoli FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Chicken Curry *OR* Vegetable Curry ✓ Wholegrain Rice, Sweetcorn & Naan Bread FRESH PASTA POTS Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Beef Burger or Vegan Hot Dog ♥ *OR* Home Baked Cheese & Bean Pasty ✓ Chipped Potatoes JACKET POTATO & FILLING Oat Lemon & Raisin Cookie or Fresh Fruit
WEEK 2	Freshly Made Wholegrain Chicken, Tomato & Pasta Bake *OR* Chilli Non Carne with Wholegrain Rice & Home Baked Tortillas ✓ Garlic Bread Slice & Salad Bar JACKET POTATO & FILLING Home Baked Cocoa Sponge & Custard or Fresh Fruit	Home Baked Meatball, Tomato & Mozzarella Panini ½ Jacket Potato *OR* Freshly Made Pesto & Vegetable Pasta Salad ✓ ½ Jacket Potato & Coleslaw FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Roast Turkey Dinner *OR* Veggie Roast Dinner ✓ Roast Potatoes, Carrots & Steamed Broccoli FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Vegetable Pizza Pocket ½ Jacket Potato ✓ *OR* Home Baked Creamy Tuna, Sweetcorn & Pasta Bake with Garlic Bread Slice Fresh Salad Bar JACKET POTATO & FILLING Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Baked Chicken Nuggets *OR* Freshly Made Vegetable Tortilla Stack ✓ Chipped Potatoes & Veg Sticks FRESH PASTA POTS Ice Cream Pot or Fresh Fruit
WEEK 3	Freshly Made Chicken Fajita Tortilla's *OR* Cooked from Fresh Tomato & Herb Pasta Bake ✓ Wholegrain Vegetable Rice & Salad Bar FRESH PASTA POTS Home Baked Pineapple & Coconut Sponge & Custard or Fresh Fruit	Meatballs in Tomato Sauce *OR* Vegetable Meatballs in Tomato Sauce ✓ Pasta & Garlic Bread Slice FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Freshly Made Welsh Beef Cottage Pie 🍷 *OR* Home Baked Vegetable & Lentil Cottage Pie ✓ Garden Peas & Steamed Carrots FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Margarita Pizza Pocket *OR* Freshly Made Soup & Roll ✓ Baked Wedges & Baked Beans FRESH PASTA POTS Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Chicken Burger or Vegan Burger ♥ *OR* Baked Fillet of Fish Burger Chipped Potatoes & Veg Sticks JACKET POTATO & FILLING Home Baked Hand Held Dessert or Fresh Fruit



Proudly using local Welsh Suppliers for all our food

Salad Bar

Salad Bar and 50/50 Henllan Bread available daily
A delicious way to get your 5-a-day!

Dessert Bar

Dessert Bar available Tuesday - Thursday
Enjoy Fresh Fruit and Llaeth-y-Llan Yoghurt!

PLEASE NOTE: OUR MENUS COULD BE SUBJECT TO CHANGE DUE TO NATIONWIDE SUPPLY ISSUES.
 Many of our dishes are available to accommodate special dietary requirements - please contact our Cook to discuss these options.
 This menu has been nutritionally analysed in line with **Welsh Government Guidance** to meet pupils needs for **protein, carbohydrates, fat, sugar and salt**.

KEY: ✓ Suitable for **Vegetarians**
 ♥ **Vegan** Option Available

