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










Approved by: *M Lewis*












1. Fresh drinking water must be available every daily.
2. Extra wholemeal bread without spread available daily with main meals.
3. Numbers indicate estimated (%) provision mix.
4. Fruit Dessert choice to be made available to all who request it
5. V = Vegetarian
6. L = Local
7.  = Home Made
8.  = Free Range Eggs
9.  = Welsh meat

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Hawaiian Pizza (50)V	Freshly Made Beef Bolognaise with Garlic Bread & Spaghetti (50) 	Sausages & Onion Gravy filled Yorkshire Pudding (30)	Baked Beef Burger, Lettuce & Tomato in Wholemeal Roll with Ketchup (50)  L	Lemon Sole & Wholemeal Bread Slice (80)
Choice 2	Cheese & Potato Pie (30)  V	Vegetable Bites (35) V	Vegetarian Cottage Pie V (60) 	Cauliflower & Broccoli Pasta Bake (40)  V	Cheesy Beany Bake (15)   V
Choice 3	Egg & Cress Jacket Potato (20)  V 	Salmon & Cucumber filled Jacket Potato (15) 	Cheesy Coleslaw filled Jacket Potato (10)  V	Mediterranean Tuna filled Jacket Potato (10) 	Garlic Chicken filled Jacket Potato (5) 
Vegetables	Golden Sweetcorn (50) Mixed Vegetables (50)	Garden Peas (50) Broccoli (50)	Green Cabbage (50) Baton Carrots (50)	Crunchy Fruit Coleslaw (50)  Golden Sweetcorn (50)	Rainbow Salad (30) Baked Beans (70)
Carbohydrates	Baked Jacket Wedges (50) Baked Potato (30)	Mini Baked Waffles (20) Baked Potato (15)	Creamed Potatoes & Swede (50) Baked Potato (40)	Baked Pommes Noisettes (20) Baked Potato (70)	Chipped Potatoes & Ketchup (50) Baked Potato (45)
Desserts	Iced Yogurt (50) or Fruit Medley (50) Milk (30)	Mandarins in Orange Jelly (50)  or Take 5 Fruit Salad (50) Milk (40)	Jam & Coconut Sponge with Custard (50)  or Fruity Wedges (50) Milk (50)	Sticky Apricot Flapjack (50)  or Fruit Pot (50) Milk (40)	Apple & Blackberry Oaty Crumble & Custard (50)  or Fruity Friday Fruit Bar (50) Milk (50)

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Breaded Salmon Fillet (60)	Chicken Pie & Gravy (40)  L	Braised Beef, Yorkshire Pudding & Gravy (80)  L	Fruity Chicken Curry & Rice with Naan Bread (80) 	Golden Crispy Fillet of Fish & Malted Bloomer (40)
Choice 2	Tomato & Lentil Pasta Bake with Herby Crust (30) V  L	Cheese & Tomato Pizza Slice (50) V	Vegetable Grill (10) V	Vegetable Ravioli & Cheese (10) V	Vegetable Curry & Rice (50) V 
Choice 3	Diced Corned Beef & Beans Jacket Potato (10) 	Pilchard Filled Jacket Potato (10) 	Egg & Mayonnaise filled Jacket Potato (10)   V	Salmon & Cucumber filled Jacket Potato (10) 	Coronation Chicken filled Jacket Potato (10) 
Vegetables	Baked Beans (50) Country Mixed Vegetable (50)	Crunchy Coleslaw (50)  Fluted Carrots (50)	Broccoli (45) Green Beans (45) Baton Carrots (10)	Oriental Vegetables (30) Sweetcorn & Peas (70)	Rainbow Salad (20) Peas (80)
Carbohydrates	Pommes Noisettes (30) Baked Potato (60)	Creamed Potatoes (50) Baked Potato (40)	Crispy Roast Potatoes (40) Parsley Potatoes (40) Baked Potato (10)	Crispy Diced Potatoes (40) Baked Potato (50)	Chipped Potatoes & Ketchup (30) Baked Potato (60)
Desserts	Strawberry Fruit Ice Cream (50) or Fruit Medley (50) Milk 80	Pineapple Upside Down Cake & Custard (50)  or Take 5 Fruit Salad (50) Milk (80)	Blueberry Muffin (50)  or Fruity Wedges (50) Milk (80)	Citrus Oat Cookie (50)  or Fruit Pot (50) Milk (50)	Zesty Lemon Sponge & Custard (50)  or Fruity Friday Fruit Bar (50) Milk (80)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Cod Fillet Bites (75)	Meatballs in Gravy (35)	Pork Loin Steak & Seasoning with Gravy (60)	Ravioli & Cheese (30)	Golden Cod Fillet Fish Fingers & Wholemeal Bread Slice (80)
Choice 2	Creamy Macaroni Cheese with Malted Bloomer (15) V 	Vegetable Chilli with Rice (55) V 	Vegetable Sausages (20) V	Vegetable Lasagne with & Mexican Bread (50) V 	Vegetable Bites (15) V
Choice 3	Cheese & Beans Jacket Potato (10) 	Chicken & Sweetcorn filled Jacket Potato (10) 	Tuna Melt filled Jacket Potato (20) 	Sausage & Beans filled Jacket Potato (20) 	Cheese & Onion filled Jacket Potato (5)  V
Vegetables	Garden Peas (20) Baked Beans (80)	Cauliflower (50) Swede & Carrot Mix (50)	Peas (50) Baton Carrots (10) Broccoli (40)	Golden Sweetcorn (50) Garlic Mushrooms (50)	Rainbow Salad (20) Baked Beans (80)
Carbohydrates	Creamed Potatoes (70) Baked Potato (20)	Parsley Potatoes (20) Baked Potato (30)	Crispy Sage & Thyme Roast Potatoes (30) Creamed Potatoes (30) Baked Potato (20)	Baked Herby Wedges (50) Baked Potato (30)	Chipped Potatoes & Ketchup (50) Baked Potato (40)
Desserts	Raspberry Ripple Mousse (50) or Fruit Medley (50) Milk (70)	Banana Sponge & Custard (50)  or Take 5 Fruit Salad (50) Milk (70)	Jam Doughnut (50) or Fruity Wedges (50) Milk (80)	White Chocolate Crispy Delight & Raspberry Swirl (50)  or Fruit Pot (50) Milk (70)	Spiced Apple Tart & Custard (50)  or Fruity Friday Fruit Bar (50) Milk (70)

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