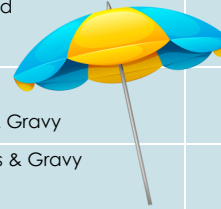


| WEEK 1 | MAIN COURSES | VEGETARIAN OPTION | ALTERNATIVE | DESSERTS |
|---|---|---|-------------------------------------|---|
| WEEK COMMENCING: 16/04/2018 • 08/05/2018 • 04/06/2018 • 25/06/2018 • 16/07/2018 • 10/09/2018 • 01/10/2018 • 22/10/2018 | | | | |
| MONDAY | Homemade Hawaiian Pizza Homemade Wedges or Pasta & Coleslaw | Homemade Cheese & Tomato Pizza Homemade Wedges or Pasta & Coleslaw | Jacket Potato with Various Fillings | Chocolate & Banana Muffin Glass Milk |
| TUESDAY | Spanish Chicken Rice, Sweetcorn & Garlic Bread Ravioli, Cheesy Mash Potato & Sweetcorn | Savoury Rice, Sweetcorn & Garlic Bread | Jacket Potato with Various Fillings | Marble Cake & Custard |
| WEDNESDAY | Roast Beef & Yorkshire Pudding Roast & Boiled Potatoes, Carrots, Broccoli & Gravy | Cauliflower & Broccoli Cheese Roast & Boiled Potatoes, Carrots, Broccoli & Gravy | Jacket Potato with Various Fillings | Cookie Ice-cream |
| THURSDAY | Sausage, Mash, Peas & Gravy or Cowboy Casserole & Mash | Homemade Glamorgan Sausage, Mash, Peas & Gravy | Jacket Potato with Various Fillings | Fruit Trifle |
| FRIDAY | Fish Finger or Salmon Bake Chips or Mash or Pasta with Baked Beans or Peas | Cheese & Tomato Frittata Chips or Mash or Pasta with Baked Beans or Peas | Jacket Potato with Various Fillings | Carrot Cake & Glass Juice |



| WEEK 2 | MAIN COURSES | VEGETARIAN OPTION | ALTERNATIVE | DESSERTS |
|--|---|---|-------------------------------------|--------------------------------------|
| WEEK COMMENCING: 23/04/2018 • 14/05/2018 • 11/06/2018 • 02/07/2018 • 23/07/2018 • 17/09/2018 • 08/10/2018 | | | | |
| MONDAY | Chicken Wrap or Welsh Rarebit Pizza 1/2 Cheesy Jacket Skin or Pasta & Coleslaw | Quorn Wrap or Ravioli & Cheese 1/2 Cheesy Jacket or Pasta & Coleslaw | Jacket Potato with Various Fillings | Summer Sponge & Custard |
| TUESDAY | Homemade Beef Lasagne or Beef Bolognaise Garlic Bread & Mixed Vegetables | Homemade Baked Bean Lasagne or Vegetable Bolognaise Garlic Bread & Mixed Vegetables | Jacket Potato with Various Fillings | Fruit Cheesecake |
| WEDNESDAY | Roast pork & Apple Sauce or Sausages & Yorkshire Pudding Roast & Mash Potatoes, Carrots, Cabbage & Gravy | Homemade Glamorgan Sausage & Yorkshire Pudding Roast & Mash Potatoes, Carrots, Cabbage & Gravy | Jacket Potato with Various Fillings | Peaches in Jelly & Ice-cream |
| THURSDAY | Savoury Mince, Mash & Broccoli or Fish Pie & Broccoli | Veggie Mince, Mash Potato & Broccoli | Jacket Potato with Various Fillings | Toffee Tart |
| FRIDAY | Beef Burger in Bun or Fish Fingers Chips or Mash or Pasta with Baked Beans or Peas | Homemade Glamorgan Pattie in Bun Chips or Mash or Pasta with Baked Beans or Peas | Jacket Potato with Various Fillings | Chocolate Krispie Cake Glass Milk |



| WEEK 3 | MAIN COURSES | VEGETARIAN OPTION | ALTERNATIVE | DESSERTS |
|--|--|--|-------------------------------------|------------------------------------|
| WEEK COMMENCING: 30/04/2018 • 21/05/2018 • 18/06/2018 • 09/07/2018 • 03/09/2018 • 24/09/2018 • 15/10/2018 | | | | |
| MONDAY | Chicken Pasta Bake, Crusty Bread & Sweetcorn or Chicken Tikka Hot Bake | Tomato & Basil Pasta Bake, Crusty Bread & Sweetcorn or Cheese & Tomato Hot Bake | Jacket Potato with Various Fillings | Chocolate Brownie Glass Milk |
| TUESDAY | Chicken Korma or Spaghetti Bolognaise Rice, Mixed Vegetables & Naan Bread | Vegetable Korma or Vegetable Bolognaise Rice, Mixed Vegetables & Naan Bread | Jacket Potato with Various Fillings | Fruit Crumble Tart & Custard |
| WEDNESDAY | Roast Turkey & Stuffing Roast & Mash Potatoes, Carrots, Green Beans & Gravy | Cheese & Potato Pie & Beans | Jacket Potato with Various Fillings | Yogurt & Shortbread Biscuit |
| THURSDAY | Beef Meatballs in Homemade Tomato Sauce Pasta, Broccoli & Garlic Bread | Veggie Balls in Homemade Tomato Sauce Pasta, Broccoli & Garlic Bread | Jacket Potato with Various Fillings | Chocolate Goopy Cake |
| FRIDAY | Fish or Salmon Bake Chips or Mash or Pasta with Baked Beans or Peas | Cheese & Onion Quiche Chips, Mash or Pasta with Baked Beans or Peas | Jacket Potato with Various Fillings | Summer Fruit Muffin Glass Juice |

