

# Spring / Summer Menu 2023



This menu is compliant with the Healthy Eating in Schools Regulations 2013

## Why not try our Salad Bar?

Baguette, baked potato or tortilla wrap, a selection of cheese, baked beans, egg, meats, tuna and a variety of salad

As an alternative to the dessert - fresh fruit, yoghurt or cheese and crackers are available



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Pork Sausages or *Glamorgan Style Sausage (V) Served with Mashed Potato, Beans or Seasonal Vegetables  Toffee Apple Cake and Custard	Mild Beef Chilli and Rice or Cheese & Tomato Pizza (V) Served with Potato Wedges, Seasonal Vegetables or Salad  Fruit Jelly with Mandarins and a Milk Drink	Chicken Breast Fillet and Stuffing or Quorn Fillet (v) Served with Roast & Boiled Potatoes, Seasonal Vegetables and Gravy  Ice Cream Roll with Fruit cocktail	Homemade Beef Bolognese Pasta Bake or Vegetable Pasta Bake (V) Served with Seasonal Vegetables and Garlic Bread  Lemon Drizzle Cake and Cream	Salmon & Sweet Potato Fishcake in a Bun or Quorn Bites (V) Served with Chips, Peas & Sweetcorn  Vanilla Ice Cream with Mandarins
Week 2	Cod Fish Fingers or Breaded Vegetable Nuggets (V) Served with Mashed Potato, Beans or Seasonal Vegetables  Chocolate Orange Beet Cake and Custard	Strips of Chicken Breast or Quorn Strips (V) Served with Sweet and Sour Vegetable Noodles, Tortilla Wrap and Salad  Strawberry Whirl with Fruit	Pork Sausages or * Glamorgan Style Sausage (V) Served with Yorkshire Pudding, Roast & Boiled Potatoes, Seasonal Vegetables & Gravy (V)  Fruit Flapjack and Milk Drink	Homemade Beef Spaghetti Bolognese or Veggie Bolognese (V) Served with Seasonal Vegetables or Salad and Garlic Bread  Jam and Coconut Sponge and Custard	Beefburger in a Bun or Quorn Burger (V) in a Bun Served with Chips and Seasonal Vegetables  Ice Cream Roll with Fruit
Week 3	Salmon and Sweet Potato Fish Cake Served with Mashed Potato and Beans or Cheese and Potato Pie (V) and Beans  Spicy Pear Cake and Custard	Homemade Chicken Curry or Vegetarian Curry (V) Served with Rice and Seasonal Vegetables, Naan Bread  Oaty Apple Crumble with Cream	Roast Turkey with Stuffing or Quorn Fillet (V) Served with Roast & Boiled Potatoes, Seasonal Vegetables and Gravy  Strawberry Trifle	Homemade Beef Lasagne or Quorn Lasagne (V) Served with Seasonal Vegetables or Salad and Garlic Bread  Welsh Cake and a Milk Drink	Cheese and Tomato Pizza (V) Served with Chips, Peas or Baked Beans  Vanilla Ice-Cream with Pineapple Slices

\*Made with Caerphilly cheese, leeks, and breadcrumbs

Menus may vary in faith schools, please check with your individual school for details

### Catering for Medical Diets/ Food Allergies

For special diets requests please e-mail: [specialdietrequest@torfaen.gov.uk](mailto:specialdietrequest@torfaen.gov.uk)

April/May 2023					June 2023					July 2023					September 2023					October 2023				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
17	18	19	20	21	5	6	7	8	9	3	4	5	6	7	4	5	6	7	8	2	3	4	5	6
24	25	26	27	28	12	13	14	15	16	10	11	12	13	14	11	12	13	14	15	9	10	11	12	13
1	2	3	4	5	19	20	21	22	23	17	18	19	20	21	18	19	20	21	22	16	17	18	19	20
8	9	10	11	12	26	27	28	29	30						25	26	27	28	29	23	24	25	26	27
15	16	17	18	19																				
22	23	24	25	26																				

Every effort is made to provide the correct balance of choices to our customers but we cannot guarantee that all choices will be available right to the end of service.