

# PRIMARY MENU

## WEEK 1

### MONDAY

\* Oven Baked Sausages  
or Italian Style Pasta  
or Jacket Potato topped with Cheese V  
Jacket Potato Wedges  
Sweetcorn or Garden Peas or Salad Bar  
Chocolate Orange Sponge & Custard

### TUESDAY

\* Chicken & Leek Casserole  
or Roast Beef & Yorkshire Pudding  
or Vegetable Casserole V  
Creamed Potatoes  
Green Beans or Diced Swede  
Arctic Roll & Peach Slices

### WEDNESDAY

\* Haddock Bake  
or Mexican Chilli  
Vegetable Rice or Boiled Potatoes  
Baked Beans or Broccoli or Salad Bar  
Jam & Cream Scone or Fruit Jelly & Cream Swirl

### THURSDAY

Savoury Meatballs in Gravy  
or \* Cod & Salmon Fish Fingers  
Boiled Potatoes  
Spaghetti in Tomato Sauce or Country Vegetables or Salad Bar  
Apple Crumble/Sponge & Custard

### FRIDAY

\* Wholemeal Cheese & Tomato Pizza V  
or Chicken Korma/Tikka  
Wholegrain Rice or Chipped Potatoes  
Garden Peas or Sweetcorn Kernels or Salad Bar  
Chocolate & Banana Cookies

## WEEK 2

### MONDAY

\* Oven Baked Fish Fillet  
or Chinese Chicken  
Sauté Potatoes or Noodles  
Sweetcorn or Garden Peas or Salad Bar  
Marble Banana Sponge & Custard

### TUESDAY

\* Bolognese & French Bread  
or Tuna & Cheese Melt  
or Assorted Filled Wraps  
Pasta or Jacket Potato  
Broccoli Florets or Diced Mixed Vegetables or Salad Bar  
Fruity Coconut or Citrus Sponge Finger

### WEDNESDAY

Macaroni & Broccoli Cheese  
or \* Pork Grill  
Creamed Potatoes  
Country Vegetables or Baked Beans/Tomatoes  
or Salad Bar  
Fruity Topped Waffles or Fruit Jelly

### THURSDAY

Oven Baked Lamb Grill  
or \* Roast Chicken & Stuffing  
Creamed Potatoes or Boiled Potatoes  
Shredded Cabbage or Baton Carrots or Salad Bar  
Fruit Ripple Ice Cream or Rice Pudding

### FRIDAY

\* Cod & Salmon Fishcake  
or BBQ Chicken Fillet  
or Jacket Potato topped with Cheese V  
Jacket Potato or Chipped Potatoes  
Garden Peas or Sweetcorn Kernels or Salad Bar  
Banoffee Cupcake

## WEEK 3

### MONDAY

\* Savoury Meatballs in Tomato Sauce  
or Tuna & Sweetcorn Pasta  
Jacket Potato or Pasta  
Country Vegetable Medley or Salad Bar  
Tropical Sponge & Custard

### TUESDAY

\* Cod Fish Fillet Fingers  
or Cheesy Topped Ranch Pie  
Boiled Potatoes or Seasoned Potatoes  
Mixed Diced Vegetables or Broccoli or Salad Bar  
Arctic Roll & Fruit Slices

### WEDNESDAY

Sliced Roast Pork & Sage & Onion Stuffing, Apple Sauce  
& Rich Gravy Sauce  
or \* Chicken & Lentil Stew  
or Vegetable Stew V  
Boiled or Creamed Potatoes  
Green Beans or Baton Carrots or Salad Bar  
Raspberry Slice

### THURSDAY

\* Wholemeal Cheese & Tomato Pizza V  
or Chicken & Vegetable Burrito  
Savoury Pasta or Jacket Potato  
Sweetcorn or Garden Peas or Salad Bar  
Steamed Jam Sponge & Custard

### FRIDAY

Lemon Sole Grill  
or \* Hotdog  
or Jacket Potato topped with Cheese V  
Jacket Potato or Chipped Potatoes  
Baked Beans or Garden Peas or Salad Bar  
Fruit Flapjack

#### January 2018

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

#### February 2018

M	T	W	T	F	S	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4

#### March 2018

M	T	W	T	F	S	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Also served daily:

Fresh Fruit, Wholemeal Bread, Yoghurt, Cheese & Biscuits, Ice cream, Semi-Skimmed Milk, Water

Occasionally due to circumstances beyond our control it may be necessary to change or replace some menu items or ingredients.

Please note our menus/food may contain allergens. We are able to provide allergen information on request or please visit the Bridgend CBC website for more information

**\* NURSERY PUPILS**