

Autumn/ Winter Menu 2022

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

Salmon fish fingers with mashed potato, baked beans or a selection of vegetables, bread and spread

Spicy pear cake with custard

Week 1

Tuesday

Homemade chicken curry with savoury rice and veg selection

Chocolate orange whirl with mandarins

Week 1

Wednesday

Roast turkey and stuffing with roast and boiled potatoes, seasonal vegetables and gravy

Ice-cream roll with fruit salad and a milk drink

Week 1

Thursday

Juicy beef meatballs with tomato & herb pasta and garlic bread with a selection of vegetables or mixed salad

Apple crumble traybake with cream

Week 1

Friday

Pizza with chips, peas & sweetcorn or baked beans

Vanilla ice-cream and pineapple

Week 1

Monday

Spaghetti bolognese and garlic bread with a selection of vegetables or mixed salad

Jam and coconut sponge with custard

Week 2

Tuesday

Garlic & herb chicken with new baby potatoes, homemade coleslaw, steamed vegetables or mixed salad and a crusty roll

Fruit jelly and a shortbread biscuit with a milk drink

Week 2

Wednesday

Roast sausage with yorkshire pudding with boiled and mash potatoes, seasonal vegetables and gravy

Fruity flapjack with a milk drink

Week 2

Thursday

Cheese and tomato pizza with herby diced potatoes and baked beans

Sticky toffee pudding with custard

Week 2

Friday

Crispy battered fish with chips, peas or mixed salad

Vanilla ice-cream with fruit cocktail

Week 2

Monday

Lasagne and garlic bread with a selection of vegetables or mixed salad

Welsh cake and a milk drink

Week 3

Tuesday

Beefburger in a bun with wedges and baked beans

Chocolate banana cake with custard

Week 3

Wednesday

Roast chicken with stuffing, with roast and boiled potatoes, seasonal vegetables and gravy

Homemade traditional fruit trifle

Week 3

Thursday

Sausage, mash and veg with gravy and bread and spread

Lemon drizzle cake with milk drink

Week 3

Friday

Salmon fillet in salt and vinegar batter, vegetables and chips

Ice-cream roll with peaches

Week 3

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

November 2022					December 2022					January 2023					February 2023					March 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
7	8	9	10	11	28	29	30	1	2	9	10	11	12	13	30	31	1	2	3	27	28	1	2	3
14	15	16	17	18	5	6	7	8	9	16	17	18	19	20	6	7	8	9	10	6	7	8	9	10
21	22	23	24	25	12	13	14	15	16	23	24	25	26	27	13	14	15	16	17	13	14	15	16	17
28	29	30	1	2	19	20	21	22	23	30	31	1	2	3	27	28	1	2	3	20	21	22	23	24
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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.