

# Our Autumn/Winter Menu 2018/19

	Monday	Tuesday	Wednesday	Thursday	Friday
Week one	Cheesy Topped Corned Beef Hash Served with Baked Beans or Peas  Apple and rhubarb crumble & custard	Spaghetti Bolognaise Served with Carrots and Garlic Bread  Eves Pudding Served with Custard	Roast Chicken with Stuffing, Roast and Boiled Potatoes, Seasonal Vegetables and Gravy  Chocolate Whirl Topped with Banana	Fish Fingers, Served with Diced Potatoes, and Peas & Sweetcorn  Chocolate and Mandarin Sponge Served with Cream	Cheese & Tomato Pizza Served with Chips and a Side Salad  Vanilla Ice-Cream Served with Peaches
Week two	Chicken Noodle Wrap Served with a Side Salad  Chocy Beet Cake Served with Custard	Seaside-Style Salmon (Salmon in a salt & vinegar flavoured batter) Served with Mashed Potato & peas or Baked Beans  Apple Crumble Served with Custard	Roast Sausage with Yorkshire Pudding Roast and Boiled Potatoes Seasonal vegetables and Gravy  Fruit Jelly & Biscuit	Cottage Pie Served with Broccoli and Carrots and Gravy  Carrot Cake Served with Custard	Beef Burger in a Bun Served with Chips and a Side Salad  Frozen Yoghurt with Fruit and Cream
Week three	Homemade Chicken Korma Served with Rice and Side Salad  Banana and Coconut Cake Served with Custard	Bolognese Pasta Bake Served with Garlic Bread and a Side Salad  Sticky Toffee Pudding Served with Custard	Roast Turkey with Stuffing, Roast and Boiled Potatoes, Seasonal Vegetables and Gravy  Welsh Cake & Milk	Beef Meatballs in Gravy Served with Mashed Potato and Seasonal Vegetables  3 Fruits Crumble Served with Custard	Breaded Fish Fillet Served with Chips and Peas  Vanilla Ice-Cream with Pineapple Slices



**Baguette, Baked Potato or Tortilla Wrap  
a selection of  
Meats, Cheese, Tuna,  
Egg, Baked Beans and a  
Variety of Salad  
As an alternative to the dessert Fresh  
Fruit, Yoghurt or Cheese and Crackers  
are available**

November 2018					December 2018					January 2019					February 2019					March 2019					April 2019				
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	M	T	W	T	F
5	6	7	8	9	3	4	5	6	7	7	8	9	10	11	4	5	6	7	8	4	5	6	7	8	1	2	3	4	5
12	13	14	15	16	10	11	12	13	14	14	15	16	17	18	11	12	13	14	15	11	12	13	14	15	8	9	10	11	12
19	20	21	22	23	17	18	19	20	21	21	22	23	24	25	18	19	20	21	22	18	19	20	21	22					
26	27	28	29	30						28	29	30	31	1	25	26	27	28	29										

## Catering for Medical Diets/Food Allergies

Our Menu can be tailored to cater for Vegetarian/Medical conditions requiring a special diet, such as coeliac disease or food allergy. Please contact the Catering Office on 01633 647723 to discuss your child's requirements or view Torfaen Webpage for information.

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.

**This Menu is compliant with The Healthy Eating in Schools Regulations 2013**