

# Autumn / Winter Menu 2020



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**  
Sausages with mash, peas & carrots & gravy  
Apple & rhubarb crumble with custard  
Week 1

**Tuesday**  
Spaghetti bolognaise with veg selection & garlic bread  
Eves pudding with custard  
Week 1

**Wednesday**  
Roast turkey with stuffing, roast & boiled potatoes, seasonal vegetables & gravy  
Chocolate orange whirl & milk drink  
Week 1

**Thursday**  
Chicken fillet with tomato & basil pasta & veg selection  
Pear & chocolate sponge with chocolate sauce & custard  
Week 1

**Friday**  
Cod fish fingers with chips, peas & sweetcorn or baked beans  
Vanilla ice cream with mandarins  
Week 1

**Monday**  
Burrito wrap served with salad or veg selection  
Spicy banana cake & custard  
Week 2

**Tuesday**  
Seaside salmon (Salmon in a salt & vinegar flavoured batter) with mashed potato, peas & carrots  
Apple & cinnamon crumble with custard  
Week 2

**Wednesday**  
Roast sausages with yorkshire pudding, roast & boiled potatoes, seasonal vegetables & gravy  
Fruit flapjack & milk drink  
Week 2

**Thursday**  
Cottage pie with broccoli, carrots & gravy  
Carrot cake with cream topping  
Week 2

**Friday**  
Pizza with chips, peas & sweetcorn  
Frozen yoghurt with fruit  
Week 2

**Monday**  
NEW!! Sweet + sour chicken with savoury rice, nachos & vegetable selection  
Apricot flapjack  
Week 3

**Tuesday**  
Bolognese pasta bake with garlic bread & side salad  
Sticky toffee pudding with custard  
Week 3

**Wednesday**  
Roast chicken with stuffing, roast and boiled potatoes, seasonal vegetables & gravy  
Welsh cake & milk drink  
Week 3

**Thursday**  
Beef meatballs in gravy with mashed potato & seasonal vegetables  
3 fruits crumble with custard  
Week 3

**Friday**  
Seaside salmon (Salmon in a salt & vinegar flavoured batter) with chips & peas or baked beans  
Vanilla ice-cream with pineapple slices  
Week 3

### Catering for Medical Diets / Food Allergies

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

November 2020

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	1	2	3	4

December 2020

M	T	W	T	F
30	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	1

January 2021

M	T	W	T	F
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

February 2021

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

March 2021

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31	1	2

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.