

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 bolognese 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

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

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
Half term				
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