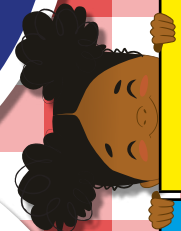




Blaenau Gwent Catering at the heart of a healthy lifestyle



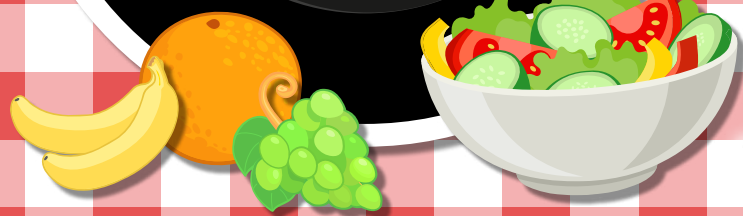
Spring / Summer 2024



Why not try our **Salad Bar**

Jacket potato, bread roll or tortilla wrap
A selection of ham, turkey, tuna, egg, cheese
or baked beans and a variety of salad items!

As an alternative to the dessert fresh fruit
or yoghurt is also available!



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheese & Tomato Pizza (V), Chips & Side Salad Pineapple Flapjack	Homemade Chicken Korma (H), Vegetable Rice & Side Salad OR Quorn & Vegetable Korma (Ve) Welsh Cake & Milk Drink	Roast Beef, Yorkshire Pudding, Mashed & Boiled Potatoes, Veg Selection & Gravy OR Quorn Fillet (Ve) Carrot Cake Topped with Cream	Beefy Pasta Bolognese, Garlic Bread & Side Salad OR Veggie Pasta Bolognese (V) Raspberry Ripple Arctic Roll & Peaches	Fish Finger Wrap, Chips & Peas OR Quorn Dippers Wrap (Ve) Oaty Apple Crumble & Custard
Week 2	BBQ Flavoured Chicken Fillet with Chips Peas, Bread & Spread OR Quorn Fillet in BBQ Sauce (Ve) with Chips & Peas Shortbread Biscuit & Mandarins	Salmon & Sweet Potato Fish Cake, Mashed Potato, Peas & Sweetcorn OR Quorn Dippers (Ve) Pear & Chocolate Sponge & Chocolate Custard	Pork Sausage, Yorkshire Pudding, Mashed & Boiled Potatoes, Veg Selection & Gravy OR Glamorgan Sausage (V) Lemon Drizzle Cake & Cream	Beef Lasagne, Garlic Bread, Side Salad or Veg Selection OR Quorn Fillet with Tomato & Basil Pasta (Ve) Raspberry Ripple Arctic Roll & Fruit Cocktail	Cheese & Tomato Pizza (V), Chips & Side Salad Pineapple Flapjack
Week 3	Beefy Pasta Bolognese, Garlic Bread & Peas OR Veggie Pasta Bolognese (V) Choccy Orange Beet Cake & Custard	Beef Burger in a Roll, Chips, & Side Salad OR Quorn Southern Style Burger (V) Apricot Flapjack & Milk Drink	Roast Chicken, Stuffing, Mashed & Boiled Potatoes, Veg Selection & Gravy OR Quorn Fillet (Ve) Homemade Traditional Fruit Trifle & Milk Drink	Hot Dog, Potato Wedges & Side Salad OR Quorn Sausage Hot Dog (Ve) Chocolate Flavour Arctic Roll & Mandarins	Fillet of Fish or Salmon & Sweet Potato Fish Cake, Chips, Peas & Sweetcorn OR Quorn Dippers (Ve) Spicy Peach Cake & Custard

(V) Vegetarian. All accompaniments to main choices above are suitable for Vegetarians. Jelly and Trifle are not suitable for vegetarians. Fruit and yogurt are always available. (Ve) Vegan. All accompaniments to main choices above are suitable for vegans with the exception of Yorkshire Pudding. Fruit is available daily as a dessert option, and flapjack where it appears above. A fully vegan menu is available on request. (H) Halal.

April 2024					May 2024					June 2024					July 2024					September 2024					October 2024				
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
8	9	10	11	12			1	2	3	3	4	5	6	7	1	2	3	4	5	2	3	4	5	6	30	1	2	3	4
15	16	17	18	19	6	7	8	9	10	10	11	12	13	14	8	9	10	11	12	9	10	11	12	13	7	8	9	10	11
22	23	24	25	26	13	14	15	16	17	17	18	19	20	21	15	16	17	18	19	16	17	18	19	20	14	15	16	17	18
29	30	20	21	22	23	24	24	25	26	27	28						23	24	25	26	27	21	22	23	24	25			

Catering for Medical Diets/Food Allergies
For special diet requests please email: specialdiets@blaenau-gwent.gov.uk

This menu is compliant with the Healthy Eating in schools regulations 2013. Every effort is made to provide the correct balance of choices to our customers but we can not guarantee that all choices will be available right to the end of service.

