



You can enter competitions and win great prizes, play games and tell Cati what you think of your school dinners. Please check website for update on menu week details,



See you soon.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Grill with Mayonnaise in a Bun	Freshly Made Bolognese with Garlic Bread	Chicken Breast, Seasoning Served with Gravy	Beef Grill Served with Gravy	Battered Fish Fillet or Cod & Salmon Fishcake
	Vegetable Ravioli & Cheese V	French Bread Pizza V	Cheese & Onion Slice V	Tomato & Lentil Pasta Bake V	Vegetable & Lentil Curry V
Carbohydrates	Waffles	Oven Baked Garlic Potatoes	Oven Baked Crispy Sage & Thyme Roast Potatoes	Non Fried Herby Diced Potatoes	Chipped Potatoes Served with Ketchup
	Savoury Wedges	Spaghetti	Mashed / Boiled Potatoes	Mashed / Boiled Potatoes	Basmati Rice
Vegetables	Sweetcorn	Mixed Vegetables	Green Cabbage	Sweetcorn	Baked Beans
	Peas	Baked Beans	Baton Carrots	Green Beans	Garden Peas / Mashy Peas
Desserts of the day (Fruit Available Daily)	Apple & Raspberry Oaty Crumble with Custard	Artic Roll	Flapjack & Fruit Juice	Chocolate Cake with Custard	Various Jelly & Fruit Juice

Various Filled Jacket Potatoes, Baguettes or Sandwiches served as an extra choice to the main meal. Please check your school for details

www.myschoollunch.co.uk/caerphilly

