



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 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Pork Meatballs  Glamorgan Sausage V	Minced Beef Pie Served with Gravy  Vegetable Ravioli & Cheese V	Sausages and Yorkshire Puddings Served with Gravy  Vegemince Pie V	Fruity Chicken Curry  French Bread Pizza V	Non Fried Crispy Fillet of Fish  Fruity Vegetable Curry V
<b>Carbohydrates</b>	Chipped Potatoes  Whole-Wheat Spaghetti Rings in Tomato Sauce	Parsley Potatoes  Mashed / Boiled Potatoes	Oven Baked Crispy Roast Potatoes  Mashed / Boiled Potatoes	Basmati Rice  Non Fried Herby Diced Potatoes Served with Ketchup	Chipped Potatoes Served with Ketchup  Savoury Rice
<b>Vegetables</b>	Sweetcorn Baked Beans	Sliced Carrots  Country Mixed Vegetable	Broccoli  Sliced Leeks Baton Carrots	Sweetcorn  Peas	Garden Peas / Mushy Peas  Baked Beans
<b>Desserts of the day (Fruit Available Daily)</b>	Fruity Ice Cream Sundae	Flapjack & Fruit Juice	Angel Delight Various Flavours	Jam & Coconut Sponge with Custard	Citrus Oat Cookie & 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](http://www.myschoollunch.co.uk/caerphilly)

