



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 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Sausage Roll  Vegetable & Cheese Country Bake V	Cottage Pie Served with Gravy  French Bread Pizza V	Sliced Pork & Seasoning Served with Gravy  Vegetarian Hot Pot V	Corned Beef Pie / Pasty  Vegetarian Bolognese	Sea Stars or Cod & Salmon Fishcake  Vegetable Ravioli & Cheese V
<b>Carbohydrates</b>	Savoury Herb Dice Potatoes  Whole-Wheat Spaghetti Rings in Tomato Sauce	Mashed Potatoes  Savoury Wedges	Oven Baked Crispy Sage & Thyme Roast Potatoes  Mashed / Boiled Potatoes	Oven Baked Garlic Potatoes  Spaghetti	Chipped Potatoes Served with Ketchup  Baked Potato
<b>Vegetables</b>	Baked Beans  Sweetcorn	Coleslaw  Broccoli & Cauliflower Mix	Peas  Baton Carrots  Diced Swede	Baked Beans  Peas	Sweetcorn  Garden Peas / Mushy Peas
<b>Desserts of the day (Fruit Available Daily)</b>	Strawberries & Ice Cream	Raspberry Ripple Mousse & Fruit Juice	Various Flavour Jelly	Adam & Eves Pudding with Custard	Chocolate 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)

