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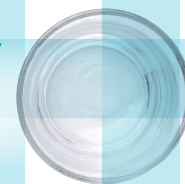
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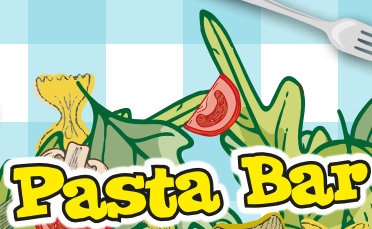


Week 1

TORFAEN COUNTY BOROUGH
BWRDEISTREF SIROL TORFAEN



Monday	Tuesday	Wednesday	Thursday	Friday
Bubble Salmon* served with Herby diced potatoes, peas or mixed salad, bread and spread or Vegetable Noodles (v) served with a tortilla wrap ***** Jam and Coconut Sponge with custard	Homemade Beef Lasagne or Homemade Quorn and Spinach Lasagne (v) served with garlic bread and mixed salad ***** Fruit and yoghurt	Roast Chicken and Stuffing or Quorn Fillet and Stuffing (ve) served with dry roast and boiled potatoes, seasonal vegetables and gravy ***** Fruit flapjack and milk	Pork and Carrot Meatballs or Quorn Balls (v) served with mashed potatoes, broccoli, carrots, green beans and gravy ***** Fruit and yoghurt	Cheese and Tomato Pizza (v) served with chips, mixed salad or peas or Cheesy Bean Filled Jacket Potato (v) ***** Chocolate arctic roll



Monday	Tuesday	Wednesday	Thursday	Friday
Rich Homemade Bolognese	Mac and Cheese (v)	Tuna and Sweetcorn Mayo	Quorn Sausage (ve) in a Rich Tomato Sauce	Chicken and Mixed Peppers



V Vegetarian. All accompaniments to main choices are suitable for vegetarians. Jelly and trifle are not suitable for vegetarians. **Ve** Vegan. All accompaniments to main choices above are suitable for vegans with the exception of Yorkshire pudding. A fully vegan menu is available on request. Menus may vary in faith schools, please check with your individual school for details.
*salmon fillet in a gluten free rice/maize flour bubbly crumb coating.

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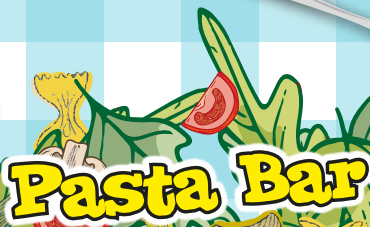


Week 2

TORFAEN COUNTY BOROUGH
BWRDEISTREF SIROL TORFAEN



Monday	Tuesday	Wednesday	Thursday	Friday
Jumbo Fish Finger or Vegetable Nuggets (ve) served with Herby diced potatoes, peas or baked beans ***** Lemon drizzle cake and custard	Homemade Chicken Curry or Homemade Quorn and Spinach Curry (v) served with rice, mixed salad and naan bread ***** Fruit and yoghurt	Roast Turkey and Stuffing or Quorn Fillet and Stuffing(ve) served with dry roast and boiled potatoes, vegetable selection and gravy ***** Welsh cake and milk drink	Homemade Beef Spaghetti Bolognese or Homemade Vegetable Bolognese (v) served with a side salad and garlic bread ***** Fruit and yoghurt	Pork Sausage Hot Dog or Glamorgan Sausage Hot Dog (v) served with chips, baked beans or peas ***** Fruit and ice cream



Monday	Tuesday	Wednesday	Thursday	Friday
Pork and Carrot Meatballs in a rich Tomato Sauce	Rich Homemade Bolognese	Chicken Mayonnaise	Mac and Cheese (v)	Quorn Sausage (ve) in a savory Tomato Sauce

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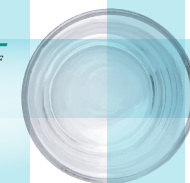
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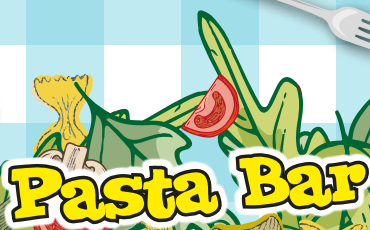


Week 3

TORFAEN COUNTY BOROUGH BWRDEISTREF SIROL TORFAEN



Monday	Tuesday	Wednesday	Thursday	Friday
Breaded Chicken Goujons or Quorn Nuggets (ve) served with Herby diced potatoes, peas, bread and spread ***** Spicy Pineapple cake and custard	Bubble Salmon* served with Mashed potato, peas, bread and spread or Mac and Cheese with Broccoli topped with a Crusty Crumb (v) served with garlic bread and salad ***** Fruit and yoghurt	Pork Sausage and Yorkshire Pudding or Quorn Sausage (ve) and Yorkshire Pudding served with dry roast and mashed potato, seasonal vegetables and gravy ***** Chocolate brownie and milk	Homemade BBQ Minced Beef or Homemade BBQ Quorn Mince (v) served with rice, tortilla chips and side salad ***** Fruit and yoghurt	Cheese and Tomato Pizza (v) served with chips, peas and sweetcorn or Tuna and Sweetcorn Filled Jacket Potato ***** Raspberry arctic roll and fruit



Monday	Tuesday	Wednesday	Thursday	Friday
Tuna and Sweetcorn Mayonnaise	Rich Homemade Bolognese	Chicken in a Creamy Tomato and Mascarpone Sauce	Mac and Cheese (v)	Quorn balls (ve) in a Savoury Tomato Sauce

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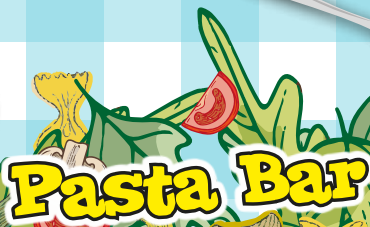


Week 4

TORFAEN COUNTY BOROUGH
BWRDEISTREF SIROL TORFAEN



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fish Fingers or Glamorgan Sausage (v) served with Herby diced potatoes, baked beans, bread and spread</p> <p>*****</p> <p>Fruit crumble and custard</p>	<p>Homemade Beef Bolognese Pasta Bake or Homemade Quorn Bolognese Pasta Bake (v) served with garlic bread and salad</p> <p>*****</p> <p>Fruit and yoghurt</p>	<p>Pork Loin and Stuffing or Quorn Fillet and Stuffing (ve) served with dry roast and boiled potatoes, assorted vegetables and gravy</p> <p>*****</p> <p>Fruit jelly and biscuit</p>	<p>Homemade Chicken Curry or Homemade Quorn Curry(v) served with rice, peas or sweetcorn and naan bread</p> <p>*****</p> <p>Fruit and yoghurt</p>	<p>Beefburger in a Bun or Vegetable Burger in a Bun (ve) served with chips and peas</p> <p>*****</p> <p>Toffee or strawberry yoghurt flavour ice cream</p>



Monday	Tuesday	Wednesday	Thursday	Friday
Mac and Cheese (v)	Chicken and Mixed Peppers	Chicken Mayonnaise	Homemade Beef Bolognese	Pork Sausage in a savoury Tomato Sauce



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