

# Spring / Summer Menu 2024

This menu is compliant with the Healthy Eating in Schools Regulations 2013

## Why not try our Pasta Bar?

Choose either Pasta and tomato sauce  
Cooks choice meat pasta of the day  
Or plain pasta  
Accompanied with Garlic bread or wrap  
Grated cheese and mixed salad  
Also available from the pasta bar will be jacket potato, cheese and beans.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Pork Sausage or Quorn Sausage (Ve) served with Mashed Potato, Baked Beans, Bread and Spread Apple and Cinnamon Crumble with Custard	Homemade Beef Spaghetti Bolognese or Quorn Bolognese (V) served with Assorted Vegetables and Garlic Bread Chocolate Brownie and a Milk Drink	Chicken Breast Fillet or Quorn Fillet (Ve) served with Stuffing, Seasonal Vegetables, Dry Roast, Boiled Potatoes and Gravy Artic Roll and Fruit Cocktail	Salmon Fishfingers or Vegetable Nuggets (Ve) served with Potato Wedges and Baked Beans Jam and Coconut Sponge with Custard	Ham and Pineapple Pizza or Cheese and Tomato Pizza (V) served with Chips and a Side Salad Ice- Cream and Mandarins
Week 2	BBQ Chicken or BBQ Quorn Fillet (Ve) Served with Diced potatoes and Sweetcorn Pear and Chocolate Cake with Chocolate Sauce	Beef Meatballs or Plant Based Balls (Ve) Served with Mashed Potato, Seasonal Vegetables and Gravy Fruit Jelly and Cream	Turkey or Quorn Fillet (Ve) Served with Stuffing, Seasonal Vegetables Dry Roast, Boiled Potatoes and Gravy Welsh Cake and a Milk Drink	Cheese and Tomato Pizza or Vegetable Nuggets (Ve) Served with Potato Wedges, Side Salad or Peas Sticky Toffee Sponge and Custard	Jumbo Fish Finger Sub or Vegetable Sausage Sub (Ve) served with Chips and a Side Salad Raspberry Flavour Ice Cream and Fruit
Week 3	Salmon Fish Fingers or Cheese and Tomato Pizza (V) Served with Herby Diced Potatoes, Beans or peas Strawberry Whirl with Fruit Cocktail	Beef Lasagne or Cheese and Potato Pie (V) Served with Seasonal Vegetables and Garlic Bread Arctic Roll and Peaches	Pork Sausage or Quorn Sausage (Ve) Served with Yorkshire Pudding, Seasonal Vegetables Dry Roast, Boiled potatoes and Gravy Fruit Jelly and a Milk Drink	Chicken curry or Vegetarian Curry (V) Served with Savoury Rice, Naan Bread & Veg Chocolate and Coconut Flapjack (Ve)	Chicken Burger in a Bun or Southern Quorn in a Bun (V) served with Chips and Salad Ice- Cream and Mandarins

**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.

Menus may vary in faith schools, please check with your individual school for details

### Catering for Medical Diets/ Food Allergies

For special diets requests please e-mail: [specialdietrequest@torfaen.gov.uk](mailto:specialdietrequest@torfaen.gov.uk)

April 2024				
M	T	W	T	F
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	1	2	3

May 2024				
M	T	W	T	F
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24

June 2024				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

July 2024				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19