

# Summer / Autumn Menu 2021

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

## Why not try our Salad Bar?

Baguette, baked potato or tortilla wrap, a selection of cheese, baked beans, egg, meats, tuna and a variety of salad

As an alternative to the dessert - fresh fruit, yoghurt or cheese and crackers are available

**Monday**  
Homemade Bolognese Pasta Bake,  
Veg Selection & Garlic Bread OR Salad Bar  
Chocolate Beet Cake with Chocolate Sauce  
**Week 1**

**Tuesday**  
Seaside-Style Salmon, Mashed Potato, Veg Selection OR Salad Bar  
Welsh Cake & Milk Drink  
**Week 1**

**Wednesday**  
Roast Turkey with Stuffing, Roast & boiled potatoes, Veg Selection & Gravy OR Salad Bar  
Fruit Jelly, Coconut Biscuit & Milk Drink  
**Week 1**

**Thursday**  
Cheese and Tomato Pizza, Potato Wedges & Side Salad or Baked Beans OR Salad Bar  
Banana Whirl topped with Vanilla Cream & Milk Drink  
**Week 1**

**Friday**  
Hot Dog & Onions with Chips, Side Salad or Baked Beans OR Salad Bar  
Peach Melba  
**Week 1**

**Monday**  
BBQ Flavoured Chicken Fillet, Vegetable Pasta & Garlic Bread OR Salad Bar  
Chocolate Treacle Sponge & Custard  
**Week 2**

**Tuesday**  
Chilli Con Carne, Rice & Nachos with Side Salad OR Salad Bar  
Pear sponge & Chocolate Custard  
**Week 2**

**Wednesday**  
Roast Chicken with Stuffing, Roast & boiled potatoes, Veg Selection & Gravy OR Salad Bar  
Fruity Flapjack & Milk Drink  
**Week 2**

**Thursday**  
Seaside-Style Salmon with Mashed Potato, Carrots & Peas OR Salad Bar  
Oaty Apple & Cinnamon Crumble & Custard  
**Week 2**

**Friday**  
Beef burger in a Bun with Chips & Side Salad OR Salad Bar  
Arctic roll with Mandarins  
**Week 2**

**Monday**  
Seaside-Style Salmon with Mashed Potato & Baked Beans OR Salad Bar  
Apple Crumble Cake & Custard  
**Week 3**

**Tuesday**  
Homemade Chicken Korma, Savoury Rice & Veg Selection OR Salad Bar  
Chocolate Whirl Topped with Banana & Milk Drink  
**Week 3**

**Wednesday**  
Sausages with Yorkshire Pudding, Roast & boiled potatoes, Veg Selection & Gravy OR Salad Bar  
Homemade Fruit Trifle  
**Week 3**

**Thursday**  
Spaghetti Bolognese with Garlic Bread & Side Salad OR Salad Bar  
Jammy Flapjack and Milk Drink  
**Week 3**

**Friday**  
Cheese & Tomato Pizza with Chips & Baked Beans OR Salad Bar  
Fruit & Ice Cream  
**Week 3**

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

August 2021				
M	T	W	T	F
30	31	1	2	3

September 2021				
M	T	W	T	F
30	31	1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	1

October 2021				
M	T	W	T	F
27	28	29	30	1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22

### Catering for Medical Diets/ Food Allergies

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