

Autumn/ Winter Menu 2023

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

Why not try our Pasta Bar?

Pasta Bar Servings

Garlic Bread or Wrap
Mixed Basil Salad
Grated Cheese
Plain Pasta
Tomato Bean Pasta
Pasta of the Day

Pasta of the Day Options

- Tomato Bean Sauce pasta base with added Sausage, Meatballs, Chicken or Veggie Meatballs
- Tuna and Mayo
- Chicken, Sweetcorn and Mayo

Keep your
eye out for
the new pasta
bars coming to
school!

Monday

Week 1

Pork Sausage
or
Quorn Sausage (Ve)
served with
Mashed Potato, Baked Beans,
Bread and Spread

Apple and Cinnamon
Crumble with Custard

Tuesday

Homemade Beef Spaghetti
Bolognese
or
Quorn Bolognese (V)
served with
Assorted Vegetables and
Garlic Bread

Chocolate Brownie
and a Milk Drink

Wednesday

Chicken Breast Fillet
or
Quorn Fillet (Ve)
served with
Stuffing, Seasonal Vegetables
Roast Potatoes, Boiled Potatoes
and Gravy

Artic Roll and Fruit Cocktail

Thursday

Salmon Fishfingers
or
Vegetable Nuggets (Ve)
served with
Potato Wedges and Baked
Beans

Jam and Coconut Sponge
with Custard

Friday

Ham and Pineapple Pizza
or
Cheese and Tomato Pizza (V)
served with
Chips and a Side Salad

Ice- Cream and Mandarins

Week 2

Beef Meatballs
or
Veggie Plant Based Balls (Ve)
served with
Mashed Potato, Seasonal
Vegetables and Gravy

Pear and Chocolate Cake
with Chocolate Sauce

Cottage Pie served with
Seasonal Vegetables and
Gravy
or
Cheese and Potato Pie (V)
served with
Baked Beans or Peas

Three Fruit Crumble
and Cream

Roast Turkey
or
Quorn Fillet (Ve)
served with
Stuffing, Seasonal Vegetables
Roast Potatoes, Boiled
Potatoes
and Gravy

Welsh Cake and a Milk Drink

Cheese and Tomato Pizza
or
Vegetable Nuggets (Ve)
served with
Potato Wedges, Baked Beans
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

Savoury Minced Beef
or
Quorn Savoury Mince (V)
served with
Mashed Potato
and Seasonal Vegetables

Spicy Peach Cake and
Custard

Salmon Fish Fingers
or
Cheese and Tomato Pizza (V)
served with
Herby Diced Potatoes
Baked Beans or Peas

Carrot Cake topped with
Cream

Pork Sausage
or
Quorn Sausage (Ve)
served with
Yorkshire Pudding,
Seasonal Vegetables
Roast Potatoes, Boiled
Potatoes and Gravy

Fruit Jelly

Chicken curry
or
Vegetarian Curry (V)
served with
Savoury Rice
Naan Bread and Vegetables

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

November 2023						December 2023						January 2024						February 2024						March 2024					
M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F	
6	7	8	9	10		4	5	6	7	8		8	9	10	11	12		5	6	7	8	9		4	5	6	7	8	
13	14	15	16	17		11	12	13	14	15		15	16	17	18	19		19	20	21	22	23		11	12	13	14	15	
20	21	22	23	24		18	19	20	21	22		22	23	24	25	26		26	27	28	29	1		18	19	20	21	22	
27	28	29	30	1								29	30	31	1	2													

Catering for Medical Diets/ Food Allergies

For special diets
requests please e-mail:
specialdietrequest@torfaen.gov.uk

Every effort is made to provide the correct balance of choices to our customers but we cannot guarantee that all choices will be available right to the end of service.