

Providing school meals to pupils across Flintshire for more than 9 years

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	**Tomato & Herb Pasta with Garlic Bread** V VG *OR* **Salmon & Broccoli Bake** Garlic Bread Peas / Sweetcorn **Baked Potato with a Selection of Fillings** **Yoghurt Bar with Fresh Fruit Toppings** Fresh Whole Fruit	**BBQ Chicken, Homemade Wedges and Fresh Salad Bar** *OR* **Mac 'n' Cheese** V VG **Pasta Pot with a Selection of Fillings** **Yoghurt Bar with Fresh Fruit Toppings** Fresh Whole Fruit	**Roast Beef Dinner** *OR* **Veggie Dinner** V VG Yorkshire Pudding, Carrots Green Beans & Cauliflower, Roast or New Potatoes, Gravy **Pasta Pot with a Selection of Fillings** **Yoghurt Bar with Fresh Fruit Toppings** Fresh Whole Fruit	**Chicken Wrap** *OR* **Tomato Soup and Roll** V VG Vegetable Rice and Coleslaw **Baked Potato with a Selection of Fillings** **Crackers & Cheese with Fruit** Fresh Whole Fruit	**Chicken Nuggets** *OR* **Cheese and Bean Pasty** V VG Chips or New Potatoes & Veggie Sticks **Sandwiches with a Selection of Fillings** **Fresh Baked Fruit Muffin** Fresh Whole Fruit
WEEK 2	**Beef Bolognese** *OR* **Vegetable & Lentil Bolognese** V VG Pasta, Garlic Bread & Salad **Baked Potato with a Selection of Fillings** **Yoghurt Bar with Fresh Fruit Toppings** Fresh Whole Fruit	**French Baguette Pizza Homemade Wedges** V VG *OR* **Chicken Fajita Pasta Bake** Peas / Sweetcorn **Pasta Pot with a Selection of Fillings** **Yoghurt Bar with Fresh Fruit Toppings** Fresh Whole Fruit	**Roast Turkey Dinner** *OR* **Veggie Dinner** V VG Yorkshire Pudding, Carrots & Broccoli, Roast or New Potatoes, Gravy **Pasta Pot with a Selection of Fillings** **Yoghurt Bar with Fresh Fruit Toppings** Fresh Whole Fruit	**Chicken Curry** *OR* **Vegetable Curry** V VG Rice & Naan Bread Broccoli **Baked Potato with a Selection of Fillings** **Cake & Custard** Fresh Whole Fruit	**Chicken Burger** **Vegan Burger** V VG *OR* **Jumbo Fish Finger** Chips or New Potatoes & Veggie Sticks **Sandwiches with a Selection of Fillings** **Mario's Welsh Ice Cream** Fresh Whole Fruit

Daily Fresh Salad Bar and 50/50 Henllan Bread

PLEASE NOTE: OUR MENUS COULD BE SUBJECT TO CHANGE DUE TO NATIONWIDE SUPPLY ISSUES.

Proud to supply
NEWydd Catering

Mario's · EDWARDS OF CONWY · RAVENSCROFT AND THACKERY · Henllan Bakery · Castell Howell · Llaeth y Llan

Featuring the finest Welsh produce across our menu

Many of our dishes are available to accommodate special dietary requirements - please contact our Cook to discuss these options

This menu has been nutritionally analysed in line with **Welsh Government Guidance** to meet pupils needs for **protein, carbohydrates, fat, sugar** and **salt**.

Key

V Suitable for **Vegetarians**

VG **Vegan** Option Available

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