

Our Freshly Made, Locally Loved Menu Autumn 25/Spring 26



ReFresh



	Monday	Tuesday	Wednesday	Thursday	Friday
WK 1 01/09 22/09 13/10	Jumbo Fish Finger or Baked Salmon Fillet *OR* Freshly Made Mac 'n' Cheese with Garlic Bread Slice ♡ Garden Peas or Baked Beans & Mashed Potato FRESH PASTA POTS Home Baked Apple Crumble & Custard or Fresh Fruit	Freshly Made Welsh Beef Bolognaise 🍷 *OR* Freshly Made Vegetable & Lentil Bolognaise with Wholegrain Pasta ♡ Pasta & Garlic Bread Slice FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Roast Chicken Dinner *OR* Veggie Roast Dinner ♡ Roast Potatoes, Carrots & Steamed Broccoli FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Chicken Curry *OR* Vegetable Curry ♡ Wholegrain Rice, Sweetcorn & Naan Bread FRESH PASTA POTS Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Beef Burger or Vegan Hot Dog ♡ *OR* Home Baked Cheese & Bean Pasty ♡ Chipped Potatoes JACKET POTATO & FILLING Oat Lemon & Raisin Cookie or Fresh Fruit
WK 2 08/09 29/09 20/10	Freshly Made Wholegrain Chicken, Tomato & Pasta Bake *OR* Chilli Non Carne with Wholegrain Rice & Home Baked Tortillas ♡ Garlic Bread Slice & Salad Bar JACKET POTATO & FILLING Home Baked Cocoa Sponge & Custard or Fresh Fruit	Home Baked Meatball, Tomato & Mozzarella Panini ½ Jacket Potato *OR* Freshly Made Pesto & Vegetable Pasta Salad ♡ ½ Jacket Potato & Coleslaw FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Roast Turkey Dinner *OR* Veggie Roast Dinner ♡ Roast Potatoes, Carrots & Steamed Broccoli FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Vegetable Pizza Pocket ½ Jacket Potato ♡ *OR* Home Baked Creamy Tuna, Sweetcorn & Pasta Bake with Garlic Bread Slice Fresh Salad Bar JACKET POTATO & FILLING Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Baked Chicken Nuggets *OR* Freshly Made Vegetable Tortilla Stack ♡ Chipped Potatoes & Veg Sticks FRESH PASTA POTS Ice Cream Pot or Fresh Fruit
WK 3 15/09 06/10 03/11	Freshly Made Chicken Fajita Tortilla's *OR* Cooked from Fresh Tomato & Herb Pasta Bake ♡ Wholegrain Vegetable Rice & Salad Bar FRESH PASTA POTS Home Baked Pineapple & Coconut Sponge & Custard or Fresh Fruit	Meatballs in Tomato Sauce *OR* Vegetable Meatballs in Tomato Sauce ♡ Pasta & Garlic Bread Slice FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Freshly Made Welsh Beef Cottage Pie 🍷 *OR* Home Baked Vegetable & Lentil Cottage Pie ♡ Garden Peas & Steamed Carrots FRESHLY MADE SANDWICH Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Margarita Pizza Pocket *OR* Freshly Made Soup & Roll ♡ Baked Wedges & Baked Beans FRESH PASTA POTS Yoghurt with a Selection of Fruit Toppings or Fresh Fruit	Chicken Burger or Vegan Burger ♡ *OR* Baked Fillet of Fish Burger Chipped Potatoes & Veg Sticks JACKET POTATO & FILLING Home Baked Hand Held Dessert or Fresh Fruit



Proudly using local Welsh Suppliers for all our food

Salad Bar

Salad Bar and 50/50 Henllan Bread available daily
A delicious way to get your 5-a-day!

Dessert Bar

Dessert Bar available Tuesday - Thursday
Enjoy Fresh Fruit and Llaeth-y-Llan Yoghurt!

PLEASE NOTE: OUR MENUS COULD BE SUBJECT TO CHANGE DUE TO NATIONWIDE SUPPLY ISSUES.
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: ♡ Suitable for Vegetarians
♡ Vegan Option Available

Arlwyo a Glanhau
NEWYDD
Catering & Cleaning