



**YOUR
FOOD
MENU**



WEEK 1

BREAKTIME

Cheese and Bean Toastie

LUNCHTIME

Chinese Chicken Curry

Fish Finger Baguette with homemade Tartare Sauce

Chickpea Curry with Sweet Potato and Spinach

All served with Stir Fried Vegetables + Brown Rice or Noodles

Jacket Potato with filling

Grab + Go: Wholewheat Baguette with filling

Dessert: Homemade Mango Cheesecake



**YOUR
FOOD
MENU**

MONDAY



BREAKTIME

Ham and Cheese Toastie

LUNCHTIME

Roast Dinner

Spinach and Feta Pie

Served with Yorkshire Pudding, Fresh Steamed Veg in season

Mashed Potato and Gravy

Jacket Potato with filling

Grab + Go: Wholewheat Baguette with filling

Dessert: Pear and Fresh Berry Crumble

**YOUR
FOOD
MENU**

TUESDAY



BREAKTIME

Tuna Melt Toastie

LUNCHTIME

Turkey and Sweet Potato Lasagne

Home Baked Gammon

Pepper and Tomato Pizza (in takeaway box)

Served with Roasted New Potatoes and Seasonal Fresh Veg

Jacket Potato with filling

Grab + Go: Wholewheat Baguette with filling

Dessert: Mixed Fresh Fruit Salad

**YOUR
FOOD
MENU**

WEDNESDAY



BREAKTIME

Cheese and Tomato Toastie

LUNCHTIME

Meatballs with Homemade Basil and Tomato Sauce

Turkey and Fresh Veg Cottage Pie topped with Potato, Swede and Carrot Mash

Salmon, Pea and Sweet Potato Fishcake with Homemade Salsa

Served with Baked Potatoes and Seasonal Fresh Veg

Jacket Potato with filling

Grab + Go: Wholewheat Baguette with filling

Dessert: Baked Peaches and Custard

THURSDAY



BREAKTIME

Red Onion and Cheese Toastie

LUNCHTIME

Chicken and Sweetcorn Pasta Bake

Cajun Chicken or Butternut Hummus Burrito with Lime and Red Onion Rice

Served with a Mixed Green Salad

Jacket Potato with filling

Grab + Go: Wholewheat Baguette with filling

Dessert: Homemade Chocolate and Date Flapjack

**YOUR
FOOD
MENU**

FRIDAY



**YOUR
FOOD
MENU**

YSGOL
MAESTEG



WEEK 2

BREAKTIME

Cheese and Bean Toastie

LUNCHTIME

Sweet chilli chicken

Salmon fish Finger Baguette with homemade Tartare Sauce

Vegetarian kofta in a pitta bread with tzatziki

All served with Stir Fried Vegetables and Noodles

Jacket Potato with filling

Grab + Go: Wholewheat Baguette with filling

Dessert: Fresh fruit salad

**YOUR
FOOD
MENU**

MONDAY



BREAKTIME

Ham and Cheese Toastie

LUNCHTIME

Roast Pork Dinner

Spinach and Feta Spanakopita with a Greek salad

Served with Yorkshire Pudding, Fresh Steamed Veg in season

Mashed Potato and Gravy

Jacket Potato with filling

Grab + Go: Wholewheat Baguette with filling

Dessert: Apple and pear cake

**YOUR
FOOD
MENU**

TUESDAY



BREAKTIME

Pepperoni and cheese toastie

LUNCHTIME

Turkey burger in a bun with loaded coleslaw and corn on the cob

Fish taco with tomato salsa and lime and avocado guacamole

Veggie arrabiata with pasta and a crusty roll

Served with Roasted New Potatoes and salad

Jacket Potato with filling

Grab + Go: Wholewheat Baguette with filling

Dessert: Mandarin jelly pots

**YOUR
FOOD
MENU**

WEDNESDAY



BREAKTIME

Cheese and Tomato Toastie

LUNCHTIME

Spaghetti Bolognese, loaded with vegetables

Mediterranean chicken traybake

Veggie chilli with nachos

Served with Baked Potatoes and Seasonal Fresh Veg

Jacket Potato with filling

Grab + Go: Wholewheat Baguette with filling

Dessert: Apple and cinnamon homemade flapjack

**YOUR
FOOD
MENU**

THURSDAY



BREAKTIME

Red Onion and Cheese Toastie

LUNCHTIME

Breaded fish

Sausages and mash with onion gravy

Giant samosa

Served with mushy peas, curry sauce and oven chips

Jacket Potato with filling

Grab + Go: Wholewheat Baguette with filling

Dessert: Lemon sponge with citrus sauce

**YOUR
FOOD
MENU**

FRIDAY

