

# PRIMARY MENU

## WEEK 1

### MONDAY

Broccoli & Macaroni Cheese  
or \* Cod & Salmon Fish Fingers  
Herby Diced Potatoes  
Baked Beans, Sweetcorn, Garden Peas & Salad  
Berry Cupcake

### TUESDAY

\* Lasagne / Bolognese Bake  
or Tuna Melt  
Savoury Pasta or Jacket Potato  
Country Vegetables, Broccoli, Coleslaw & Salad  
Raspberry & Peach Swirl Sponge & Custard

### WEDNESDAY

\* Roast Turkey & Stuffing in Rich Gravy  
or Savoury Meatballs in Gravy  
Creamed Potatoes or Boiled Potatoes  
Green Cabbage, Carrots & Diced Swede  
Fruit Yoghurt or Fresh Fruit

### THURSDAY

\* Pork Sausage & Bean Casserole  
or Cheese & Tomato Pizza  
Potato Wedges  
Garden Peas, Sweetcorn, Country Vegetables & Salad  
Fruit Jelly & Strawberry Swirl

### FRIDAY

Chicken Korma/Tikka  
or \* Fish Fillet in a Bun  
Vegetable Rice or Chipped Potatoes  
Country Vegetables, Garden Peas, Broccoli & Salad  
Pear & Chocolate Muffin

## WEEK 2

### MONDAY

Chinese Style Salmon  
or \* Loaded Vegetable Pizza  
Sauté Potatoes or Noodles  
Sweetcorn, Stir-fry Vegetables, Coleslaw & Salad  
Tutti Fruitti Flapjacks

### TUESDAY

\* Fish Fillet  
or Ranch Pie  
Herby Diced Potatoes  
Country Vegetables, Sweetcorn & Garden Peas & Salad  
Tropical Rice Pudding or Arctic Roll & Fruit

### WEDNESDAY

\* Chicken Fillet with Sage & Onion Stuffing  
or Baked Sausages  
Creamed Potatoes or Boiled Potatoes  
Carrots, Cabbage & Cauliflower  
Fruit Yoghurt or Fresh Fruit

### THURSDAY

\* Pork Frikadellons  
or Cheese & Potato Pie  
Creamed Potatoes or Boiled Potatoes  
Baked Beans/Tomatoes, Garden Peas & Broccoli  
Eve's Sponge & Custard

### FRIDAY

Katsu Chicken Curry  
or \* Burrito Boats  
Vegetable Rice or Chipped Potatoes  
Broccoli, Garden Peas, Sweetcorn & Salad  
Chocolate & Orange Cheesecake

## WEEK 3

### MONDAY

\* Lemon Sole  
or Tomato & Mushroom Pasta  
Jacket Potato or Savoury Pasta  
Mixed Vegetables, Sweetcorn, Broccoli & Salad  
Toffee Apple Brownie

### TUESDAY

\* Chicken Goujons  
or Beef Burger in a Bun  
Vegetable Rice or Potato Wedges  
Coleslaw, Green Beans, Garden Peas & Salad  
Pancakes/Waffles & Banana Ice Cream

### WEDNESDAY

Roast Beef & Yorkshire Pudding  
or \* Chicken Hotpot  
Roast Potatoes or Boiled Potatoes  
Baton Carrots, Cabbage & Swede  
Fruit Yoghurt or Fresh Fruit

### THURSDAY

\* Roast Pork with Sage & Onion Stuffing  
or Chicken & Ham Pie  
Creamed Potatoes or Boiled Potatoes  
Green Beans, Carrots & Garden Peas  
Fruit Crumble/Tart & Custard

### FRIDAY

BBQ Chicken  
or \* Salmon Goujon Salad Cones  
Vegetable Rice, Jacket Potato or Chipped Potatoes  
Broccoli, Sweetcorn, Garden Peas & Salad  
Fruit Jelly & Dream Topping

September 2020						
M	T	W	T	F	S	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

October 2020						
M	T	W	T	F	S	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

November 2020						
M	T	W	T	F	S	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

December 2020						
M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Also served daily:  
Fresh Fruit, Wholemeal Bread, Yoghurt, Cheese & Biscuits, Semi-Skimmed Milk, Water

Occasionally due to circumstances beyond our control it may be necessary to change or replace some menu items or ingredients.

Please note our menus/food may contain allergens. We are able to provide allergen information on request or please visit the Bridgend CBC website for more information.

\* NURSERY PUPILS