

Caerphilly Primary Menu Week 1					
	Mega Monday	Tasty Tuesday	Roast Wednesday	Traditional Thursday	Fun Friday Served in a Box
Main Meal	Welsh Beef Lasagne Welsh Cheese & Onion Savoury Bake (V)	French Bread Pizza Ravioli in Tomato Sauce served with Welsh Cheese & Focaccia Bread (V)	Sausage Yorkshire Pudding & Gravy (V) Welsh Cheese Toasted Panini (V)	Sweet Chilli Chicken Margarita Pizza (V)	Harry Ramsdens Fish Portion Welsh Beef Burger or Quorn Burger (V) in Bun with Tomato Ketchup
Daily Special	Fish Goujons Non-Fried	Filled Jacket Potato	Chicken Goujons	Filled Wrap	Filled Baguette
Carbohydrates	Garlic & Herb Bread Seasoned Twisted Potatoes with Various Sauces	Wholemeal Savoury Rice Seasoned Wedges Non-Fried	Oven Baked Dry Roast Potatoes Mashed / Boiled Potatoes	Savoury Herb Diced Potatoes Non-Fried Noodles	Seasoned Wedges Non-Fried Chipped Potatoes with Various Sauces
Vegetables	Salad Bar Baked Beans Peas	Salad Bar Sweetcorn Green Beans	Salad Bar Cabbage Carrots Swede	Salad Bar BBQ Beans Mixed Vegetables	Salad Bar Corn on Cob Peas
Desserts	Chocolate & Pear Brownie with Ice Cream	Various Fruit Crumble with Custard	Jam or Fruit Welsh Cake with Fruit Wedges	Welsh Lan Y Laeth Yogurt	Flapjack
<u>Additional Items</u>	Filled Jacket Potatoes Served with Vegetables / Salad Bar and Dessert				
One or more of the choices listed can be offered:	Pasta & Sauce Served with Vegetables / Salad Bar and Dessert				
	Sandwiches / Baguettes or Wraps Served with Carbohydrates, Vegetable or Salad Bar and Dessert				
<p>Fresh Milk & Drinking Water, Wholemeal Bread, Fruit Bar, Fruit & Welsh Ice Cream and Yoghurt available daily. The menu mix displayed is for guidance only. <i>Caerphilly Catering Services reserve the right to change products subject to availability.</i> Customers will be free to make their own daily accompaniments selection.</p> <p>Please Note: The above menu contains allergens.</p>					