



Visit Cati at her website

[www.myschoollunch.co.uk/caerphilly](http://www.myschoollunch.co.uk/caerphilly)

You can enter competitions and win great prizes, play games and tell Cati what you think of your school dinners.

See you soon.



Please check [www.myschoollunch.co.uk/caerphilly](http://www.myschoollunch.co.uk/caerphilly) for menu week details, and please check the website regularly for menu updates.

**Caerphilly Catering Services reserve the right to change products subject to availability.**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Southern Fried Chicken Goujons  Ravioli with Cheese V	Beef Bolognese with Garlic Bread  Margherita Pizza V	Chicken Breast Served with Gravy  Quorn Sausage V	Sausages  Meat Free Meatballs in Tomato & Basil Sauce V	Jumbo Fish Finger or Salmon Fishcake  Fruity Vegetable Curry V
<b>Carbohydrates</b>	Chipped Potatoes  Mashed Potatoes	Spaghetti  Non-Fried Herby Potato Bites	Sage & Thyme Roast Potatoes / Boiled / Mashed Potatoes	Mashed Potatoes  Pasta	Smiley Faces with Ketchup  Rice
<b>Vegetables</b> (Salad Available Daily)	Sweetcorn  Peas	Peas  Baked Beans	Swede  Cabbage  Carrots	Peas  Baked Beans	Sweetcorn  Peas
<b>Desserts of the day</b> (Yogurts, Fruit Portion, Fruit & Ice Cream Available Daily)	Yogurt or Fruit	Flapjack & Fruit Juice	Various Jelly	Yogurt or Fruit	Citrus Oat Cookie & Fruit Juice



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