

Autumn / Winter 2017



BLAENAU GWENT CATERING

at the heart of a healthy lifestyle

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# School Menu

Monday Tuesday Wednesday Thursday Friday

Two Courses  
For just £2.10

## WEEK 1

For Weeks Commencing: 29 Aug; 19 Sept; 10 Oct; 31 Oct; 21 Nov; 12 Dec; 2 Jan; 23 Jan; 13 Feb

Main Meals

Turkey Korma & Brown Rice & Naan

- Jacket Potato with Selection of Fillings
- Selection of Vegetables

Chocolate Rice Crispy Square

Corned Beef Pie & Gravy  
Veggie Sausages & Gravy

- Sweet Potato Mash
- Selection of Vegetables

Berrylicious Marble Sponge & Custard

Chicken Fillets & Stuffing, Mashed/Boiled Potatoes, Vegetables & Gravy

- Hot Chicken Roll & Salad Bar Selection

Apple & Raspberry Ripple Ice Cream

Potato Lasagne (Moussaka)  
Tomato & Basil Pasta & Quorn Dippers

- Garlic Bread & Side Salad

Sticky Toffee Pudding & Custard

Veggie / Margarita Pizza & Chips

- Jacket Potato with a Selection of Fillings
- Side Salad

Fruity Jam Tart & Custard

Served with

And for pudding

## WEEK 2

For Weeks Commencing: 5 Sept; 26 Sept; 17 Oct; 7 Nov; 28 Nov; 9 Jan; 30 Jan

Main Meals

Chilli con Carne, Brown Rice & Nachos

- Salmon Dippers

Sweet Potato Mash  
Side Salad

Eve's Pudding & Custard

Beefy Pasta Bolognese  
Turkey Meatballs in Tomato Sauce  
Garlic & Herb Bread

- Selection of Vegetables

Pineapple Flapjack

Baked Sausages & Yorkshire Pudding, Mashed/Boiled Potatoes & Gravy

- Veggie Sausage Pasta Bake
- Selection of Vegetables

Fruity Jam Tart

Creamy Turkey Pie  
Quorn Dippers

- Boiled Potatoes
- Selection of Vegetables

Jam & Coconut Sponge & Custard

Breaded Fish Fillet & Chips

- Jacket Potato
- Baked Beans
- Side Salad

Chocolate Ice Cream

Served with

And for pudding

## WEEK 3

For Weeks Commencing: 12 Sept; 3 Oct; 14 Nov; 5 Dec; 16 Jan; 6 Feb

Main Meals

Mini Grill (Sausage & Bacon)  
Veggie Sausage

- Bread & Butter Crispy Diced Potatoes
- Baked Beans

Gingerbread Biscuit

Turkey Tikka Masala (Mild) & Golden Vegetable Rice & Peshwari Naan

- Jacket Potato with Selection of Fillings

Jam & Coconut Sponge & Custard

Roasted joint of Pork, Apple Sauce & Stuffing, Boiled Potatoes, Vegetables & Gravy

- Jacket Potato with Selection of Fillings

Apple & Raspberry Ripple Ice Cream

Turkey Casserole with Broccoli & Bread Roll

- Fish Fillet & Baked Beans
- Sweet Potato Mash

Tutti Fruity Sponge & Chocolate Custard

Hot Dogs & Tomato Ketchup with Chips

- Jacket Potato & Baked Beans
- Side Salad

Fruit Jelly & Cream Swirl

Served with

And for pudding

Available daily - extra bread upon request plus a choice of fresh fruit or yoghurt as an alternative dessert. Vegetarian options are available at the cook's discretion. It may be necessary to change items without prior notice.

The Healthy Eating in Schools Regulations 2013 is part of the wider Healthy Eating in Schools Measure 2009. The Measure places a legal requirement on local authorities and governing bodies to promote healthy eating and drinking by pupils in maintained schools throughout Wales. It replaces the previous Appetite for Life implementation guidelines and sets out the type of food and drink that can and cannot be provided in local authority maintained schools and ensures nutritional standards are in place for school lunches. Blaenau Gwent Catering service strives to achieve these standards whilst providing tasty and appetising food. For further information visit <http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/healthy-eating>

