

Week one

WK1 30/08, 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02, 07/03, 28/03

Hot Dish

Daily Faves

Sides

Desserts



Monday

Burrito (V)
A soft wrap filled with lightly spiced veggies & rice

Jacket Potato
With choice of: Cheese, Beans or Tuna

Green Beans
Sweetcorn

Raspberry Ripple Ice Cream
or
Fresh Fruit Pot

Monday

Veggie Bolognese (V)
Wholemeal Penne pasta in a yummy tomato and Quorn sauce

Jacket Potato
With choice of: Cheese, Beans or Tuna

Carrot Sticks
Cucumber Sticks

Flapjack ★
with fruit slices
or
Fresh Fruit Pot

Hot Dish

WK2 06/09 27/09, 18/10, 08/11, 29/11, 20/12, 10/01, 31/01, 21/02, 14/03, 04/04

Hot Dish

Daily Faves

Sides

Desserts

Week two

Monday

Cheese & Tomato Pizza ★★
with dough balls (V)

Jacket Potato
With choice of: Cheese, Beans or Tuna

Green Beans
Sweetcorn

Raspberry Ripple Ice Cream
or
Fresh Fruit Pot

Monday

Cheese & Tomato Pizza ★★
with dough balls (V)

Jacket Potato
With choice of: Cheese, Beans or Tuna

Carrot Sticks
Cucumber Sticks

Flapjack ★
with fruit slices
or
Fresh Fruit Pot

Tuesday

Allegra's Chicken Filo Pie
With creamy mashed potatoes(H)

Jacket Potato
With choice of: Salmon Mayonnaise★★★
Cheese, Beans or Tuna

Peas
Broccoli

Secret Brownie
or
Fresh Fruit Pot

Tuesday

Sausage and Mash with Gravy
or **Chicken Sausages (H)**
Traditional Pork or Chicken Sausage and mash with gravy

Jacket Potato
With choice of: Cheese, Beans or Tuna

Broccoli
Peas

Peach Shortbread Pudding with custard
or
Fresh Fruit Pot

Wednesday

Roast Chicken with Roast Potatoes and Gravy (H)
Succulent roast chicken with fluffy roasties and tasty gravy

Jacket Potato
With choice of: Cheese, Beans or Tuna

Carrots
Cabbage

Shortbread Biscuit with Fruit Slices ★
or
Fresh Fruit Pot

Wednesday

Roast Turkey (H) with Roast Potatoes and Gravy
Succulent roast turkey with fluffy roasties and tasty gravy

Jacket Potato
With choice of: Cheese, Beans or Tuna

Cabbage
Carrots

Raspberry Yoghurt Cake
or
Fresh Fruit Pot

Thursday

Pasta Bolognese (H) ★★
A classic Italian beef Bolognese in a yummy tomato sauce - Wholemeal Pasta

Jacket Potato
With choice of: Cheese, Beans or Tuna

Broccoli
Sweetcorn

Summer Berry & Peach Oaty Crumble ★ with Custard
or
Fresh Fruit Pot

Thursday

Traditional Cottage Pie (H)
A classic Cottage served with vegetables and gravy

Jacket Potato
With choice of: Cheese, Beans or Tuna

Broccoli
Sweetcorn

Fruity Chocolate Brownie
or
Fresh Fruit Pot

Friday

Golden Fish Fingers and Chips
Crispy Fish Fingers and scrummy chips

Jacket Potato
With choice of: Cheese, Beans or Tuna

Peas
Baked Beans

Chocolate & Raspberry Swirl Cake
or
Fresh Fruit Pot

Friday

Golden Fish Fingers and Chips
Crispy Fish Fingers and scrummy chips

Jacket Potato
With choice of: Cheese, Beans or Tuna

Peas
Baked Beans

Vanilla Ice Cream
or
Fresh Fruit Pot

Packed Lunch! Ham, Cheese, Tuna or a weekly Special Sandwich served with Veg Sticks, Fresh Fruit Pot, Dessert of the day
★Fruit Based ★★Wholegrain ★★★Olive Fish (V) Vegetarian (H) Halal

Week 5/11/23 WK3 13/9, 4/10, 25/10, 15/11, 6/12, 27/12, 17/1, 7/2, 28/2, 21/3

Monday

Vegetarian Sausages with Mash potatoes and gravy (V)
Fluffy mash served with veggie sausage & gravy
Baked Macaroni (V)
Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce

Jacket Potato
With choice of: Cheese, Beans or Tuna
Peas
Carrots

Oatie Biscuit ★
with fruit slice
or
Fresh Fruit Pot
Peas
Carrots

Tuesday

Garlicky Chicken and Spanish Spuds (H)
Garlic seasoned chicken served with potatoes
Veggie Balls in Tomato Sauce ★ (V)
Herby vegetarian balls served in a rich tomato sauce with wholemeal pasta

Jacket Potato
With choice of: Cheese, Beans or Tuna
Broccoli
Sweetcorn

Apple and Carrot Yoghurt Muffin ★
or
Fresh Fruit Pot

Wednesday

Roast Beef (H)
Succulent roast beef with fluffy roasties and tasty gravy
Quorn Roast (V)
Succulent Quorn roast served in rich gravy

Jacket Potato
With choice of: Cheese, Beans or Tuna
Carrots
Cabbage

Strawberry Ice Cream
or
Fresh Fruit Pot

Thursday

Beef Burrito (H)
A soft wrap filled with fresh beef & rice
Vegetable Lasagne served with Bread Wedge ★ (V)
Delicious sheets of pasta layered with vegetables and tomato sauce

Jacket Potato
With choice of: Cheese, Beans or Tuna
Sweetcorn
Green Beans

Chocolate Slice ★
or
Fresh Fruit Pot

Friday

Southern Fried Chicken Tasters (H)
Lightly seasoned crispy chicken strips and scrummy chips
Soft Taco and Chips (V)
A soft taco shell filled with a yummy veggie tomato chilli

Jacket Potato
With choice of: Cheese, Beans or Tuna
Peas
Baked Beans

Crispy Snow Bar
or
Fresh Fruit Pot

Food Super Heroes Menu

Did you know our bread is freshly baked?



Three Week Menu Autumn/Winter



New!

Meat Free Mondays

£2.15

Including: Help Yourself Salad Carts
Fresh Penne Pasta, Very Cherry Tomatoes, Carrot Sticks, Sweetcorn & much more!



Take a look at our new socials:



@CompassCymruCasnewydd @CCCasnewydd

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