

ONE

1st Jan, 22nd Jan, 19th Feb  
12th Mar

MONDAY

**Chicken Chow Mein**  
Soya Mince & Vegetable Stir Fry

Sweetcorn & Green Beans

Fruit Yoghurt & Shortbread

Yoghurt / Fruit Salad

TUESDAY

**Macaroni Pastitsio**  
Macaroni Cheese with a Tomato Topping

Vegetable Medley

Yoghurt / Fresh Fruit Salad

WEDNESDAY

**Roast Chicken with Roast Potatoes & Gravy**  
Mixed Vegetable Loaf with Roast Potatoes & Gravy

Carrot & Swede Mash

Apple, Cheese & Biscuits

Yoghurt / Fresh Fruit

**Beef Meatballs in a Tomato Sauce**  
with 50-50 Wholemeal & White Rice

Wholemeal Spinach & Tomato Quiche

with Rainbow Salad

Sweetcorn & Mixed Peppers

Pear & Berry Crumble with Custard

Yoghurt / Fresh Fruit

**MSC Breaded Fish with Chipped Potatoes & Tomato Sauce**  
Glanmorgran Sausage with Chipped Potatoes

Baked Beans & Garden Peas

Yoghurt / Fresh Fruit Platter

TWO

8th Jan, 29th Jan, 26th Feb  
19th Mar

**Hot Dogs with Homemade Tomato Sauce & Homemade Jacket Wedges**  
Vegetarian Hotdog with Homemade Tomato Sauce & Homemade Jacket Wedges

Tomato & Red Onion Slaw

& Green Salad

Plum & Vanilla Wholemeal Crumble with Custard

Yoghurt / Fruit Salad

**Beef Goulash with Rice**  
Quorn Mince Pasta Bolognese

Baked Tomatoes & Sweetcorn

Apple & Berry Strudel with Custard

Yoghurt / Fruit Salad

**Roast Turkey with Roast Potatoes & Gravy**  
Lentil & Vegetable Soya Roast with Roast Potatoes

Broccoli & Sliced Carrots

Apple & Raisin Flapjack

Yoghurt / Fresh Fruit

**Wholemeal Chicken & Red Pepper Pizza**  
Half Jacket Potato

Cheese & Tomato Pizza Half Jacket Potato

Roasted Vegetables

Yoghurt / Fresh Fruit Chunks

**MSC Fish Fingers with Chipped Potatoes & Tomato Sauce**  
Vegetable Wholemeal Pasta served with Flat Bread

Baked Beans & Garden Peas

Yoghurt / Fresh Fruit Platter

THREE

15th Jan, 5th Feb, 5th Mar  
26th Mar

**Turkey & Leek Pie with Mashed Potato Topping**  
Creamy Vegetable Pie with Mashed Potato

Cauliflower & Green Beans

Carrot & Sultana Cake with Custard

Yoghurt / Fruit Salad

**Beef Burger with Carrot & Beetroot Slaw**  
Quorn Burger with Carrot & Beetroot Slaw

Broccoli & Sweetcorn

Yoghurt / Fresh Fruit Chunks

**Roast Chicken with Stuffing, Roast Potatoes & Gravy**  
Vegetarian Wellington with Roast Potatoes

Shredded Cabbage & Carrots

Jelly with a side of Mandarins

Yoghurt / Fresh Fruit

**Beef Tortilla Stack & Rice**  
Chick Pea Aloo Chaat with Rice

Roasted Vegetable Medley

Wholemeal Beach Crumble & Custard

Yoghurt / Fresh Fruit

**MSC Salmon Nuggets with Chipped Potatoes & Tomato Sauce**  
Cheese Tomato & Spinach Frittata with Chipped Potatoes

Baked Beans & Garden Peas

Yoghurt / Fresh Fruit Platter

AVAILABLE EVERY DAY....

**Jacket Potatoes**

freshly cooked daily where advertised with a choice of fillings

**Bread**

freshly baked on site daily

**Daily salad selection**

there will be a selection of salad items available daily

**Fresh Fruit & Yoghurt**

available daily

WE USE LOCALLY SOURCED INGREDIENTS WHEN AVAILABLE AND IN SEASON

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards

We hope your child enjoys our new menus.

Menus can be subject to local change, please check your child's school for any bespoke changes.

 Vegetarian option

 Oily fish

Marine Stewardship

Council details

Web: [www.mscc.org](http://www.mscc.org)

Chain of Custody

Registration Code

MWML - C 1009

