



BLAENAU GWENT CATERING

At the heart of a healthy school

Contact us on:
01495 355653
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School Menu

Two Courses
For just £2.10

Monday Tuesday Wednesday Thursday Friday

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

Selection of
Vegetables

Salad Bar

Chocolate
Rice Crispy
Square

Corned Beef
Pie & Gravy
Sweet Potato
Mash

Selection of
Vegetables

Salad Bar

Berrylicious
Marble Sponge
& Custard

Chicken Fil-
lets & Stuff-
ing, Mashed/
Boiled
Potatoes,
Vegetables &
Gravy

Salad Bar

Apple & Rasp-
berry Ripple
Ice Cream

Potato Lasagne
(Moussaka)
Garlic Bread &
Side Salad

Salad Bar

Sticky Toffee
Pudding &
Custard

Veggie /
Margarita
Pizza & Chips
& Side Salad

Salad Bar

Fruity
Jam Tart &
Custard

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
& Side Salad

Salad Bar
Eve's Pudding
& Custard

Beefy Pasta
Bolognese
Garlic & Herb
Bread

Selection of
Vegetables

Salad Bar
Pineapple
Flapjack

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

Salad Bar
Fruity Jam Tart

Creamy Turkey
Pie

Boiled Pota-
toes
Selection of
Vegetables

Salad Bar
Jam & Coconut
Sponge &
Custard

Breaded Fish
Fillet Chips &
Side Salad

Salad Bar
Chocolate Ice
Cream

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) & Bread
& Butter
Crispy Diced
Potatoes
Baked Beans

Salad Bar
Ginger Biscuit

Turkey Tikka
Massala (Mild)
& Golden Vege-
table Rice &
Peshwari Naan

Salad Bar
Jam & Coconut
Sponge &
Custard

Roast Joint of
Pork, Apple
Sauce &
Stuffing,
Mashed/Boiled
Potatoes,
Vegetables &
Gravy

Salad Bar
Apple & Rasp-
berry Ripple
Ice Cream

Turkey Casse-
role
Sweet Potato
Mash, Bread
Roll
Broccoli

Salad Bar
Tutti Fruity
Sponge & Choc-
olate Custard

Fish Fillet,
Ketchup &
Chips with
Side Salad

Salad Bar
Fruit Jelly &
Cream Swirl

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. Please let us know if your child has any special dietary needs. Please note that following Bank Holidays, Salad Bar may not always be available.

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 strives to achieve these standards whilst providing tasty and appetising food. For further information visit <http://wales.gov.uk/topics/educationandskills/schoolhome/foodanddrink/healthy-eating>

