

ALC - Secondary

Meal of the Day

Spring / Summer 2017



Blaenau Gwent Catering - At the Heart of a Healthy Lifestyle

Week
Three

Monday

Main Meal: Fish Fillet, Chips or Sweet Potato Fries
with Peas or Baked Beans

Or: Chef's Choice Chicken Curry & Rice with Naan

Dessert: Luxury Chocolate Brownie

Tuesday

Main Meal: Cottage Pie, Herby Garlic Bread & Side Salad

Or: Sweet Chilli Chicken with Noodles & Side Salad

Dessert: Fruity Strawberry Crunch

Wednesday

Main Meal: Sausages with Yorkshire Pudding, Sage & Onion Stuffing,
Swede & Potato Mash, Carrots & Cabbage and Gravy

Or: Corned Beef Pie with Swede & Potato Mash, Carrots, Cabbage and Gravy

Dessert: Apple & Blackberry Ripple Ice Cream

Thursday

Main Meal: Italian Meatballs with Pasta, Garlic Bread & Side Salad

Or: Tuna Pasta Bake, Garlic Bread & Side Salad

Dessert: Tutti Fruity Sponge & Custard

Friday

Main Meal: Hunters Chicken with Chips & Side Salad

Or: Jacket Potato with Baked Beans & Cheese and Side Salad

Dessert: Pancakes with Lemon & Sugar

It may be necessary to change items without prior notice. Please let us know if you have any special medical dietary needs. Fresh seasonal vegetables will be provide wherever possible. Non Students will be charged VAT.

For more information please contact
the Food in Schools Co-ordinator
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