ALC - Secondary

Student Price List

Spring / Summer 2017

Cyngor Bwrdeistref Sirol Blaenau Gwent County Borough Council

Blaenau Gwent Catering - At the Heart of a Healthy Lifestyle

Mid-Morning Break

Toast *(v)*	£0.25
Beans on Toast *(v)*	£1.00
Bacon Roll	£1.15
Half Bagel *(v)*	£0.30
Crumpet *(v)*	£0.30
Half Toasted Teacake *(v)*	£0.25
Rasher of Bacon	£0.65
Piece of Fruit	£0.50

Lunch: Meal of the Day £2.35

- A freshly prepared meal, served with side orders, vegetables, dessert of the day & a 500ml bottle of Welsh Water.

Grab Bag £2.35

- Mini baguette, piece of fruit and homemade biscuit and a 500ml bottle of Welsh Water.

Hot Snacks

Tasty hot snacks for food on the go:

Hot Carvery Rolls	£1.20
Pizza Slices *(small)*	£1.00
Hot Panini's *(Various Fillings)*	£1.50
Cheeseburger	£1.50
Chicken Burger with Cheese	£1.50
Quorn Dippers in Wrap *(v)*	£1.50

Pasta Pots

Freshly cooked pasta topped with your favourite sauce:

Plain Pasta Pot	£1.00
Pasta with Sauce *(v)*	£1.60
Pasta with Meat Sauce	£1.75
Add Garlic Bread *(per slice)*	£0.20

(v) Suitable for Vegetarians

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.

Noodle Pots

Vegetable Noodle Pots	£1.50
Chicken Noodle Pots	£1.90

Soup

Soup & Bread Roll *(Seasonal)*	£1.30

Deli Bar

Available Daily - a selection of freshly prepared:

Sandwiches	£1.25
Wraps	£1.35
Small Roll or Baguette	£1.20
Baguettes	£1.50
Pasta / Salad Boxes	£1.60

Bakery

Daily selection of freshly baked sweet treats:

Biscuit *(one size)*	£0.30
Welsh Cakes	£0.35
Flapjack	£0.50
Cake / Muffin	£0.60
Dessert of the Day	£0.60

Jacket Potato

Hot fluffy potato topped with your choice of hot & cold fillings plus a side salad garnish:

Plain Jacket Potato	£1.00
Jacket Potato *(2 fillings)*	£2.10

Sides

Condiment Sachet	£0.10
Jam Portion	£0.10
Grated Cheese Pot	£0.35
Baked Beans	£0.65
Curry Sauce	£0.65
Potato Portion	£1.30
Butter Portion	£0.15

Extras

Bread Roll	£0.50
Cheese & Crackers	£0.60
Fruit *(whole piece)*	£0.50
Fruit Bag	£0.70
Fruit Pot	£0.70
Fruit Yoghurt	£0.45
Frozen Yoghurt	£0.70
Frozen Yoghurt Toppings	£0.10
Fruit Slush	£0.75
Jelly Pouch	£0.60
Jubbly Smoothie *(Seasonal)*	£0.75

Drinks

Available all day:

Suso Still or Sparkling *250ml*	£0.65
Radnor Fruella Pure Juice *125ml*	£0.30
Radnor Fruits *125ml*	£0.30
Radnor Fruella Hydrate *250ml*	£0.50
Radnor Fruits Tetra *200ml*	£0.50
Radnor Welsh Water *500ml*	£0.60
Viva Milkshake *200ml*	£0.55
Pint of Milk	£0.60
Tea	£0.35
Coffee	£0.60
Hot Chocolate	£0.70

Did you know?

- We are committed to making all our food healthier and more nutritious - our menu's are carefully put together by a qualified Public Health Nutritionist / Food in Schools Co-ordinator.
- Apart from chips we do not fry any of our food.
- We do not use any meat products containing MRM.
- We only use approved suppliers.
- We endeavour to provide a high quality, low cost service and listen to our customers opinions, suggestions and feedback.

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