

ALC - Secondary

Meal of the Day

Spring / Summer 2017



Blaenau Gwent Catering - At the Heart of a Healthy Lifestyle

Week
One

Monday

Main Meal: Margarita Pizza with Chips & Baked Beans

Or: Jacket Potato with Tuna & Sweetcorn Mayo

Dessert: Fruity Strawberry Crunch

Tuesday

Main Meal: Hunters Chicken with Crispy Diced Potatoes & Seasonal Vegetables

Or: Veggie Mince Bolognese with Pasta & Side Salad

Dessert: Chocolate Orange Sponge & Custard

Wednesday

Main Meal: Roast Pork & Apple Sauce with Sage & Onion Stuffing,
Boiled or Creamed Potatoes, Seasonal Vegetables & Gravy

Or: Hot Roast, Pork, Sage & Onion Stuffing Roll with Side Salad

Dessert: Chef's Choice Ice Cream & Wafer

Thursday

Main Meal: Pulled Pork in BBQ Sauce with Rice, Peas & Sweetcorn

Or: Sweet & Sour Turkey with Vegetables & Rice

Dessert: Lemon Burst Muffin

Friday

Main Meal: Fish Fillet, Chips & Chip Shop Style Curry Sauce

Or: Jacket Potato with a Selection of Fillings & Side Salad

Dessert: Cornflake Tart & Custard

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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