

PRIMARY MENU



£2.25

Our weekly menus are served on a rotating four week basis please see below for dates when each menu is served.

Week One Week commencing... 6/11/17, 4/12/17, 15/1/18, 19/2/18, 19/3/18

Week Two Week commencing... 13/11/17, 11/12/17, 22/1/18, 26/2/18, 26/3/18

Week Three Week commencing... 20/11/17, 18/12/17, 29/1/18, 5/3/18

Week Four Week commencing... 27/11/17, 8/1/18, 5/2/18, 12/3/18

Dear Parents/Guardians

Welcome to our menu which we hope all our customers will enjoy over the coming months. All dates can be seen at the bottom of each week of the menu and at a quick glance on the right hand side of this page. I hope you have found using ParentPay/PayPoint for online payments of dinner money useful in your School (participating Schools only). Staff have received an updated list of allergen information to accompany this 4 week menu. Please do not hesitate to contact us if your child has a specialist dietary need as we aim to provide for every pupil wishing to take a healthy balanced school meal. We will provide a carbohydrate count of the menu for our diabetic diners. Our menus continue to follow the Welsh Government's Food and Nutritional Standards set out in the Healthy Eating (Wales) Regulations 2013. Go to www.food.gov.uk/ratings to find out the food hygiene rating of our schools or ask them to tell you their rating at school.

Yours sincerely

Carole Tyley

Carole Tyley
Catering Manager



For illustration purpose only

Baguettes and Jacket Potatoes are served as an alternative to the main meal; please check your school for details.

Vale Catering Services reserve the right to change products subject to availability.



Vale Catering Services
Provincial House
Kendrick Road
CF62 8BF

Vale
Catering
Services



Menu 3



WEEK1

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Pizza (v) served with Saute Potatoes & Fresh Seasonal Salad	Chicken & Vegetable Pasta Bake served with Garlic Bread & Fresh Seasonal Salad	All Day Breakfast including, Sausage, Bacon, Egg & Baked Beans, Hash Brown served with Chipped Potatoes	Roast Topside of Beef & Yorkshire Pudding in a Rich Gravy Sauce served with Boiled & Roast Potatoes & Seasonal Vegetables	Salmon Crunchies served with Chipped Potatoes & Baked Beans
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

6/11/17, 4/12/17, 15/1/18, 19/2/18, 19/3/18

WEEK2

Monday	Tuesday	Wednesday	Thursday	Friday
Fish Fingers served with Jacket Wedges & Baked Beans	Pork Meatballs in Rich Gravy served with Pasta & Peas	Roast Turkey & Stuffing in a rich Gravy Sauce served with Boiled & Roast Potatoes & Seasonal Vegetables	Tomato & Basil Pasta Bake served with Garlic Bread & Fresh Seasonal Salad	Bubble Crumb Fish served with Chipped Potatoes & Baked Beans
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

13/11/17, 11/12/17, 22/1/18, 26/2/18, 26/3/18

WEEK3

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dogs served with Chipped Potatoes & Baked Beans	Homemade Bolognese served with Wholemeal Garlic Bread & Fresh Seasonal Salad	Gluten Free Salmon & Cod Fishcake served with Potato Wedges & Baked Beans	Roast Pork served with Stuffing, Roast & Boiled Potatoes, Seasonal Vegetables & Gravy	Chicken Burger in a Bun served with Potato Smiles & Baked Beans or Sweetcorn
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

20/11/17, 18/12/17, 29/1/18, 5/3/18

WEEK4

Monday	Tuesday	Wednesday	Thursday	Friday
Salmon Crunchies served with Chipped Potatoes & Baked Beans	Roast Gammon served with Mashed Potato & Peas or Baked Beans	Reduced Fat Sausages served with Yorkshire Pudding, Roast & Boiled Potatoes, Seasonal Vegetables & Gravy	Pork Meatballs in Rich Gravy served with Pasta & Peas	Harry Ramsden's Battered Fish served with Mashed Potato & Peas
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

27/11/17, 8/1/18, 5/2/18, 12/3/18

Cookies / muffins / yoghurts are available as a choice