

Merthyr Tydfil Menu September 2023 - October 2024

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - 06/11/23, 04/12/23, 08/01/24, 05/02/24 19/02/24, 18/03/24, 08/04/24, 06/05/24, 03/06/24, 01/07/24, 02/09/24, 30/09/24					
MAIN MEAL	Meatballs in an Italian Tomato Sauce with Pasta Spirals, Garlic Bread & Crudites Jacket Potato OR Wrap with Cheese & Side Salad	(Not so) Chili con Carne with Rice & Peas, Nachos and Side Salad Jacket Potato OR Wrap with Tuna Mayo & Sweetcorn with Side Salad	Crispy Chicken Goujons in a Soft Bun with Crispy Diced Potatoes & Coleslaw & OR Side Salad Jacket Potato OR Wrap with Turkey & Side Salad	Roast Beef with Yorkshire Pudding, Sage & Onion Stuffing, Mashed & OR Boiled Potatoes, Seasonal Vegetables & Gravy Jacket Potato OR Wrap with Ham & Side Salad	Fish Fingers with Chips, Sweetcorn & Peas with Bread Jacket Potato OR Wrap with Turkey & Side Salad (Cheese in RC Schools)
DESSERT	Chocolate Shortbread Biscuit & Glass of Milk	Tutti Fruity Sponge & Chocolate Custard	Fruity Jelly with Cream Swirl	Cheese & Crackers	Chef's Choice Mousse Crunch
WEEK 2 - 13/11/23, 11/12/23, 15/01/24, 26/02/24, 15/04/24, 13/05/24, 10/06/24, 08/07/24, 09/09/24, 07/10/24					
MAIN MEAL	Chip Shop Chicken Curry with Basmati Rice, Mini Garlic & Coriander Naan & Peas & Sweetcorn Jacket Potato OR Wrap with Cheese with Side Salad & Fruity Slaw	Sea Star with Mashed Potatoes & Peas & Tomato Ketchup OR Baked Beans Jacket Potato OR Wrap with Turkey & Side Salad and Fruity Slaw	Beef Bolognese with Cheese Topping, Pasta Spirals, Garlic Bread & Side Salad Jacket Potato OR Wrap with Ham & Side Salad	Sausages, Chips, Peas & Grilled Tomato Jacket Potato OR Wrap with Turkey & Side Salad & Fruity Slaw	Tomato Stuffed Crust Margarita Pizza, Crispy Diced Potatoes with Sweetcorn OR Corn on the Cob & Carrot Sticks Jacket Potato OR Wrap with Tuna Mayo with Sweetcorn & Side Salad
DESSERT	Chefs Choice Mousse Whip	Chocolate Marble Sponge with Chocolate Sauce	Jammy Shortbread Biscuit & Glass of Milk	Knickerbocker Sundae with Chocolate Sauce	Fresh Fruit & Yoghurt & Glass of Milk
WEEK 3 - 20/11/23, 18/12/23, 22/01/24, 04/03/24, 22/04/24, 20/05/24, 17/06/24, 15/07/24, 16/09/24, 14/10/24					
MAIN MEAL	Chicken Tikka Masala, Basmati Rice with Peas & Sweetcorn & Mini Garlic & Coriander Naan Jacket Potato OR Wrap with Turkey & Fruity Coleslaw	Sausages with Yorkshire Pudding, Sage & Onion Stuffing, Mashed & OR Boiled Potatoes, Seasonal Vegetables & Gravy Jacket Potato OR Wrap with Cheese & Side Salad	Fishcake, Chips with Peas & Sweetcorn Jacket Potato OR Wrap with Ham and Side Salad	Beef Bolognese with Pasta Spirals, Garlic Bread & Crudites Jacket Potato OR Wrap with Tuna Sweetcorn Mayo & Side Salad	Burger in an (Optional) Soft Bun with Crispy Diced Potatoes and Fruity Slaw Jacket Potato OR Wrap with Ham and Fruity Slaw (Cheese in RC Schools)
DESSERT	Fruity Flapjack & A Glass of Milk	Fruity Jelly	Sticky Toffee Sponge with Custard	Cheese & Crackers & Sliced Apple	Chocolate Brownie & Ice Cream
WEEK 4 - 27/11/23, 29/01/24, 11/03/24, 29/04/24, 24/06/24, 22/07/24, 23/09/24, 21/10/24					
MAIN MEAL	Beef Bolognese with Pasta Spirals, Garlic Bread & Side Salad Jacket Potato OR Wrap with Cheese & Side salad	Quorn Dippers with Crispy Diced Potatoes with Baked Beans OR Peas & Bread Jacket Potato OR Wrap with Turkey and Coleslaw	Roast Chicken with Yorkshire Pudding, Sage & Onion Stuffing, Mashed & OR Boiled Potatoes, Carrots, Broccoli & Gravy Jacket Potato OR Wrap with Tuna Mayo Sweetcorn & Side Salad	Mini Grill: Sausage & Bacon with Crispy Diced Potatoes and Baked Beans, Grilled Tomato & Bread Jacket Potato OR Wrap with Turkey & Side Salad	Fish Fingers with Chips, Peas & Bread Jacket Potato with Cheese & Baked Beans OR Wrap with Cheese with Side Salad
DESSERT	Chocolate Rice Crispy Square & Glass of Milk	Pineapple Upside Down Sponge with Custard	Fresh Fruit & Yoghurt & Glass of Milk	Jelly with Cream Swirl	Knickerbocker Sundae

Available daily. Extra bread upon request, plus a choice of fresh fruit or yoghurt as an alternative dessert.

It may be necessary to change items without prior notice.

We cater for children with special dietary / religious requirements, please contact 01685 725134 / 07821 824865 or email myschoolunch@merthyr.gov.uk.