

PRIMARY MENU



£2.20

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... 31/10/16, 28/11/16, 26/12/16, 23/1/17, 20/2/17, 20/3/17

Week Two Week commencing... 7/11/16, 5/12/16, 2/1/17, 30/1/17, 27/2/17, 27/3/17

Week Three Week commencing... 14/11/16, 12/12/16, 9/1/17, 6/2/16, 6/3/17, 3/4/17

Week Four Week commencing... 21/11/16, 19/12/16, 16/1/17, 13/2/17, 13/3/17

Dear Parents/Guardians

Welcome to our new Autumn/Winter menu which we hope all our customers will enjoy over the coming months. This menu will run until 7th April 2017 when schools will close for the Easter Holiday. 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. Our menus continue to follow the Welsh Government's Food and Nutritional Standards set out in the Healthy Eating (Wales) Regulations 2013 and all of our fish products are sustainably caught. 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



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



Autumn/Winter Primary Menu 2016/2017



Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Chicken Korma served with Rice & Naan Bread	Homemade Cottage Pie served with Mashed Potato & Seasonal Vegetables	Roast Gammon with Chipped Potatoes & Peas or Baked Beans	Roast Pork served with Stuffing, Roast & Boiled Potatoes, Seasonal Vegetables & Gravy	Baked Salmon & Sweet Potato Fishcake served with Potato Smiles, & Peas
Fresh Fruit or Homemade Shortbread Fingers	Fresh Fruit or Homemade Flapjack & Fruit Slices	Fresh Fruit or Homemade Chocolate Cake & Custard Sauce	Fresh Fruit or Ice Cream & Fruit Slices	Fresh Fruit or Homemade Rice Pudding

31/10/16, 28/11/16, 26/12/16, 23/1/17, 20/2/17, 20/3/17

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Burger in a Bun Served with Jacket Wedges & Baked Beans	Homemade Pasta Bolognese served with Wholemeal Garlic Bread & Fresh Seasonal Salad	Bubble Crumb Coated Fillet of Fish served with Chipped Potatoes & Baked Beans or Green Beans	Reduced Fat Sausages served with Yorkshire Pudding, Roast & Boiled Potatoes, Seasonal Vegetables & Gravy	Fish Fingers served with Chipped Potatoes & Baked Beans
Fresh Fruit or Homemade Muffin with Custard Sauce	Fresh Fruit or Jelly & Fruit Slices	Fresh Fruit or Homemade Steamed Syrup Sponge with Custard	Fresh Fruit or Mousse & Fruit Slices	Fresh Fruit or American Pancakes with Fruit Slices & Chocolate Sauce

7/11/16, 5/12/16, 2/1/17, 30/1/17, 27/2/17, 27/3/17

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Meatballs in Rich Gravy served with Pasta & Peas	Cheese & Tomato Pizza (V) served with Sauté Potatoes & Fresh Seasonal Salad	Homemade Chicken & Mashed Potato Topped Pie served with Seasonal Vegetables	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 or Homemade Vanilla Sponge & Custard Sauce	Homemade Chocolate Crispy Cake with Fruit Slices	Fresh Fruit or Homemade Shortbread Fingers	Fresh Fruit or Ice Cream & Fruit Slices	Fresh Fruit or Homemade Jam Sponge & Custard

14/11/16, 12/12/16, 9/1/17, 6/2/16, 6/3/17, 3/4/17

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dogs served with Jacket Wedges & Baked Beans	Tomato & Basil Pasta Bake served with Garlic Bread & Fresh Seasonal Salad	Homemade Chilli Con Carne served with Rice & Carrots	Roast Turkey & Stuffing in a rich Gravy Sauce served with Boiled & Roast Potatoes & Seasonal Vegetables	Harry Ramsden's Battered Fish served with Chipped Potatoes & Peas
Fresh Fruit or Homemade Ginger Cake with Vanilla Sauce	Fresh Fruit or Homemade Flapjack with Fruit Slices	Fresh Fruit or Homemade Jam Roly Poly with Custard	Fresh Fruit or Mousse & Fruit Slices	Fresh Fruit or Waffle & Chocolate Sauce with Fruit Slices

21/11/16, 19/12/16, 16/1/17, 13/2/17, 13/3/17

Unlimited bread is available every day