



Visit Cati at her website

www.myschoollunch.co.uk/caerphilly

You can enter competitions and win great prizes, play games and tell Cati what you think of your school dinners.

See you soon.



Please check www.myschoollunch.co.uk/caerphilly for menu week details, and please check the website regularly for menu updates.

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

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Southern Fried Chicken Goujons Ravioli With Cheese V	Beef Bolognese with Garlic Bread Margherita Pizza V	Chicken Breast Served with Gravy Quorn Sausage V	Sausages Meat Free Meatballs in Tomato & Basil Sauce V	Jumbo Fish Finger or Salmon Fishcake Fruity Vegetable Curry V
Carbohydrates	Chipped Potatoes Mashed Potatoes	Spaghetti Non Fried Herby Potato Bites	Sage & Thyme Roast Potatoes / Boiled / Mashed Potatoes	Mashed Potatoes Pasta	Smiley Faces with Ketchup Rice
Vegetables (Salad Available Daily)	Sweetcorn Peas	Peas Baked Beans	Swede Cabbage Carrots	Peas Baked Beans	Sweetcorn Peas
Desserts of the day (Fruit Available Daily)	Apple & Raspberry Oaty Crumble with Custard	Flapjack & Fruit Juice	Various Jelly	Chocolate Cake with Custard	Citrus Oat Cookie & Fruit Juice



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