



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 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sausages Macaroni Cheese V	Meatballs Tomato & Lentil Pasta Bake V	Sliced Beef & Yorkshire Pudding & Gravy Sausage V	Cottage Pie Margherita Pizza V	Sea Stars or Salmon Fishcake Served with Fruity Curry sauce Cheese Panini
Carbohydrates	Chipped Potatoes Garlic Bread	Potato Swirls Whole-wheat Spaghetti in Tomato Sauce Potato Croquette	Oven Baked Crispy Roast Potatoes Mashed Potatoes	Mashed Potatoes Non Fried Herby Potato Bites	Chipped Potatoes Served with Ketchup Savoury Wedges
Vegetables (Salad Available Daily)	Baked Beans Broccoli Spinach	Peas Sweetcorn	Cabbage Carrots Peas Yoghurt	Carrots Coleslaw	Baked Beans Peas Silly Salad
Desserts of the day (Fruit Available Daily)	Chocolate & Orange Sponge with Custard	Artic Roll & Fruit Juice		Caramel Apple Crumble & Ice Cream	Honey & Lemon Cookie & Fruit Juice

www.myschoollunch.co.uk/caerphilly

