

October 2021

Mon	Tue	Wed	Thu	Fri
				1
4 Breaded Chicken Fillet with Chips and Spaghetti Hoops Strawberry Sponge with Pink Custard	5 Sweet and Sour Chicken with Rice and Peas Apple Crumble Tart with Custard	6 Roast Pork with Roast Potatoes, Cauliflower Cheese and Yorkshire Pudding Rice Pudding with Peaches	7 Home-made Lasagne with New Potatoes and Mixed Salad Date Slice	8 Pasta Bolognese with Green Beans and Garlic Bread Iced Sponge with Custard
11 Sausages and Chips with Beans White Chocolate Chip Sponge with White Custard	12 Beef Mince with Potatoes and Peas Rocky Road Square	13 Roast Chicken with Roast Potatoes, Broccoli, Carrots and Yorkshire Pudding Lemon Sponge with Custard	14 Pork and Stuffing Pie with Mashed Potatoes and White Cabbage Oaty Pear Crumble with Custard	15 Tuna Pasta Bake with Sweetcorn Chocolate Delight
18 Baked Breaded Haddock with Chips and Mushy Peas Peach Crumble with Custard	19 Chicken Curry with Rice, Sweetcorn and Naan Bread Rice Pudding with Fruit Sauce	20 Roast Beef with Roast Potatoes, Carrots, Broccoli and Yorkshire Pudding Jam Roly Poly with Custard	21 Witches Finger Hot Dog with Vampire Red Sauce, Spider Legs Fries and Spaghetti Worms Ghoulish Green Jelly	22 INSET DAY
25	26	27	28	29

Pick n Mix

Beans on Toast Ffâ Pôb ar Dost	Selection of Tortilla Wraps Casgliad o Wraps	Soft Filled Rolls Rolls Meddal	Cheese & Ham Toastie Toastie Caws a Ham	Sausage Roll Rol Selsig
-----------------------------------	---	-----------------------------------	---	----------------------------

Available Daily to all Pupils

Baked Potato with choice of fillings from Salad Bar
Choice of hot and cold puddings including Fresh Fruit or Yoghurt

Selection of Breads

Ar gael yn ddyddiol
Taten trwy'i chroen gyda dewis o gynhwysion o'r Bar Salad.
Dewis o bwdin poeth neu oer gan gynnwys ffrwythau neu iogwrt
Dewis or fara

Salad Bar

BAKED BEANS
Cold Ham
COLD TURKEY
Tuna Mayonnaise
Homemade Coleslaw
Mixed Salad
Boiled Egg
Grated Cheese
Vegetable Sticks - Carrots & Cucumber

Bar Salad

Ffa Pob
Ham
Twrci
Tuna gyda mayonnaise
Coleslaw Cartref
Salad Cymysg
Wy, Caws, llyisiau, moron a chiwcymbr