

# Merthyr Tydfil Menu January - February 2025

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1 - 03/01/25, 03/02/25</b>					
<b>MAIN MEAL</b>	Meatballs in an Italian Tomato Sauce with Pasta Spirals, Garlic Bread & Crudites  Jacket Potato OR Wrap with Cheese & Side Salad	(Not so) Chilli 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)
<b>DESSERT</b>	Chocolate Shortbread Biscuit & Glass of Milk	Tutti Fruity Sponge & Chocolate Custard	Fruity Jelly with Cream Swirl	Cheese & Crackers	Chef's Choice Mousse Crunch
<b>WEEK 2 - 13/01/25, 10/02/25</b>					
<b>MAIN MEAL</b>	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
<b>DESSERT</b>	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
<b>WEEK 3 - 20/01/25, 17/02/25</b>					
<b>MAIN MEAL</b>	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)
<b>DESSERT</b>	Fruity Flapjack & A Glass of Milk	Fruity Jelly	Sticky Toffee Sponge with Custard	Cheese & Crackers & Sliced Apple	Chocolate Brownie & Ice Cream
<b>WEEK 4 - 27/01/25</b>					
<b>MAIN MEAL</b>	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
<b>DESSERT</b>	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 myschoollunch@merthyr.gov.uk.

