

Merthyr Tydfil Menu

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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WEEK 1 - 01.09.2025, 29.09.2025, 03.11.2025, 01.12.2025

MAIN MEAL	Hot Dog with Curly Fries & Fruity Slaw	(Beef Bolognese with Pasta Spirals, Garlic Bread, corn on the Cob & Side Salad	Chicken Korma, Basmati Rice Broccoli and Carrots & Mini Garlic & Coriander Naan	Roast Chicken with Yorkshire Pudding, Sage & Onion Stuffing, Mashed & OR Boiled Potatoes, Carrots, Broccoli & Gravy	Fish Fillet with Crispy Diced Potatoes, Baked Beans, Grilled Tomato & Bread
	Jacket Potato OR Wrap with Cheese & Fruity Slaw	Jacket Potato OR Wrap with Turkey, Corn on the Cob & Side Salad	Jacket Potato OR Wrap with Cheese & Side Salad	Jacket Potato OR Wrap with Tuna Mayo Sweetcorn & Side Salad	Jacket Potato OR Wrap with Cheese & Beans with Side Salad
DESSERT	Fresh Fruit & Fruit Yoghurt	Fresh Fruit & Yoghurt & Glass of Milk	Sticky Toffee Sponge & Custard	Fresh Fruit & Fruit Yoghurt	Knickerbocker Sundae

WEEK 2 - 08.09.2025, 06.10.2025, 10.11.2025, 08.12.2025

MAIN MEAL	Chip Shop Chicken Curry with Basmati Rice, Garlic & Coriander Naan & Peas & Sweetcorn	Roast Beef with Yorkshire Pudding, Sage & Onion Stuffing, Boiled Potatoes, Seasonal Vegetables & Gravy	Mini Grill: Sausage & Bacon, Omelette and Baked Beans, Grilled Tomato & Bread	Fishcake, Crispy Diced Potatoes with Broccoli & Carrots	Quorn Dippers in an (optional) Soft Bun with Crispy Diced Potatoes, Corn on the Cob & Side Salad
	Jacket Potato OR Wrap with Tuna Sweetcorn & Mayo with Side Salad	Jacket Potato OR Wrap with Ham & Side Salad	Jacket Potato OR Wrap with Turkey & Side Salad	Jacket Potato OR Wrap with Cheese & Side Salad	Jacket Potato OR Wrap with Tuna Mayo, Corn on Cob & Side Salad
DESSERT	Fresh Fruit & Fruit Yoghurt	Fruity Jelly with Cream Swirl	Cheese & Crackers & Sliced Apple	Fresh Fruit & Fruit Yoghurt	Fresh Fruit & Fruit Yoghurt

WEEK 3 - 15.09.2025, 13.10.2025, 17.11.2025, 15.12.2025

MAIN MEAL	Chicken & Sweetcorn Pasta Bake, Garlic Bread & Crudites	Sausages with Yorkshire Pudding, Sage & Onion Stuffing, Mashed Potatoes, Seasonal Vegetables & Gravy	Fish Fingers, Chips & baked Beans & Grilled Tomato & Bread	Quorn Dippers with Katsu Style Curry with Basmati Rice, Crudities & Garlic & Coriander Naan	Tomato Stuffed Crust Margarita Pizza, Crispy Diced Potatoes with Corn on the Cob & Carrot Sticks
	Jacket Potato OR Wrap with Tuna Mayo Sweetcorn & Crudities	Jacket Potato OR Wrap with Turkey & Side Salad	Jacket Potato with Cheese & Beans & Crudities OR Wrap with Cheese & Crudities	Jacket Potato OR Wrap with Ham & Crudities	Jacket Potato OR Wrap with Tuna Sweetcorn Mayo & Side Salad
DESSERT	Tutti Fruity Sponge with Custard	Fresh Fruit & Fruit Yoghurt	Cheese & Crackers with Sliced Apple	Fruity Jelly with Cream Swirl	Fresh Fruit & Yoghurt

WEEK 4 - 22.09.2025, 20.10.2025, 24.11.2025

MAIN MEAL	Sausages, Mashed Potatoes and Baked Beans & Crudities	Lasagne with Peas, Garlic Bread and Crudities	Chip Shop Chicken Curry with Basmati Rice, Garlic & Coriander Naan & Peas & Sweetcorn	Chicken Goujons in an (optional) Soft Bun, Crispy Diced Potatoes, Corn on the Cob & Crudities	Fish Fillet with Chips, Peas & Grilled Tomato & Tomato Ketchup
	Jacket Potato with Cheese & Beans & Crudities OR Wrap with Cheese & Crudities	Jacket Potato OR Wrap with Tuna Sweetcorn Mayo & Side Salad	Jacket Potato OR Wrap with Turkey & Side Salad	Jacket Potato OR Wrap with Ham, Corn on the Cob & Crudities	Jacket potato OR Wrap with Cheese, Sliced Raw Tomato & Crudities
DESSERT	Fresh Fruit & Fruit Yoghurt	Chocolate Orange Sponge & Custard	Fresh Fruit & Fruit Yoghurt	Fresh Fruit & Yoghurt	Fruity Jelly

Available daily: Extra bread upon request.

It may be necessary to change items without prior notice.

We cater for children with special dietary / religious requirements, please contact 07821 824865 or email myschoollunch@merthyr.gov.uk.

