

# Merthyr Tydfil Reduced Covid 19 Menu 2021

## 2 Courses for just £2.30

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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### WEEK 1 - 15/03/21

MAIN MEAL	Fish Fingers, Crispy Diced Potatoes & Baked Beans	Pork Meatballs in an Italian Tomato Sauce with Pasta Spirals, Garlic Bread and a Side Salad	Quorn Dippers, Crispy Diced Potatoes & Corn on the Cob	Chicken Tikka Masala, Rice with Peas & Sweetcorn & Naan	Sausages, Chips & Baked Beans
	Wrap with Cheese & Side Salad	Wrap with Quorn Dippers & Side Salad	Wrap with Ham & Side Salad	Wrap with Turkey & Side Salad	Wrap with Tuna Mayo & Side Salad
DESSERT	Jam & Coconut Sponge	Vanilla Shortbread Biscuit	Fruity Jelly	Fresh Fruit	Chocolate Shortbread Biscuit

### WEEK 2 - 01/03/21, 22/03/21

MAIN MEAL	Stuffed Crust Margarita Pizza, Crispy Diced Potatoes & Side Salad	Beef Bolognese with Pasta Spirals, Garlic Bread & Side Salad	Chip Shop Chicken Curry & Rice with Peas & Sweetcorn & Naan	Chip Shop Style Fish, Crispy Diced Potatoes & Baked Beans	Hot Dog with Tomato Ketchup, Chips & Corn on the Cob
	Wrap with Quorn Dippers & Side Salad	Wrap with Cheese & Side Salad	Wrap with Turkey & Side Salad	Wrap with Ham & Side Salad	Wrap with Tuna Mayo & Side Salad
DESSERT	Chocolate Sponge	Gingerbread Biscuit	Cheese & Crackers	Fruit yoghurt	Fruity Jelly

### WEEK 3 - 08/03/21

MAIN MEAL	Fish Fingers with Potato Waffles & Baked Beans	Chicken Pasta Bake, Garlic Bread with Broccoli & Carrots	BBQ Chicken Breast, Crispy Diced Potatoes & Peas & Sweetcorn	Chicken Tikka Masala, Rice with Peas & Sweetcorn & Naan	Quorn Dippers, Chips & Baked Beans
	Wrap with Cheese & Side Salad	Wrap with Tuna Mayo & Side Salad	Wrap with Turkey & Side Salad	Wrap with Ham & Side Salad	Wrap with Cheese & Side Salad
DESSERT	Jam & Coconut Sponge	Fruity Jelly	Chef's Choice Shortbread Biscuit	Fresh Fruit	Jelly

All served with a 500ml Bottle of Welsh Water

It may be necessary to change items without prior notice.

We cater for children with special dietary / religious requirements, please contact 01685 725134 or email [myschoollunch@merthyr.gov.uk](mailto:myschoollunch@merthyr.gov.uk).