

Merthyr Tydfil Autumn-Spring Menu 2021-2022

2 Courses for just £2.30

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - 06/09/21, 04/10/21, 01/11/21, 29/11/21, 03/01/22, 31/01/22, 28/02/22, 28/03/22					
MAIN MEAL	Chicken Tikka Masala, Basmati Rice with Peas & Sweetcorn & Mini Garlic & Coriander Naan Jacket Potato / Baguette / Wrap with Cheese & Side Salad	Sausages, Potato Smiles & Baked Beans Jacket Potato / Baguette / Wrap with Quorn Dippers & Side Salad	BBQ Chicken Breast, Crispy Diced Potatoes with Peas & Sweetcorn Jacket Potato / Baguette / Wrap with Ham & Side Salad	Fish Fingers with Mashed Potatoes, Peas and Tomato Ketchup Jacket Potato / Baguette / Wrap with Turkey & Side Salad	Quorn Dippers, Curly Fries & Baked Beans Jacket Potato / Baguette / Wrap with Tuna Mayo & Side Salad
DESSERT	Tutti Fruity Sponge & Custard	Chef's Choice Shortbread Biscuit	Fresh Fruit OR Fruit Yoghurt	Vanilla Ripple Ice Cream Sundae	Jelly with Cream Swirl
WEEK 2 - 13/09/21, 11/10/21, 08/11/21, 06/12/21, 10/01/22, 07/02/22, 07/03/22, 04/04/22					
MAIN MEAL	Chip Shop Style Fish with Crispy Diced Potatoes & Baked Beans Jacket Potato / Baguette / Wrap with Cheese & Side Salad	Chicken Breast in an Italian Tomato Sauce with Pasta, Garlic Bread & Side Salad Jacket Potato / Baguette / Wrap with Quorn Dippers & Side Salad	Roast Beef with Yorkshire Pudding, Sage & Onion Stuffing, Mashed / Boiled Potatoes, Seasonal Vegetables & Gravy Jacket Potato / Baguette / Wrap with Ham & Side Salad	Mini Grill: Sausage & Bacon with Crispy Diced Potatoes and Baked Beans Jacket Potato / Baguette / Wrap with Tuna Mayo & Side Salad	Crispy Chicken Fillets in a Soft Bun with Curly Fries & Coleslaw/Side Salad Jacket Potato / Baguette / Wrap with Turkey & Side Salad
DESSERT	Chocolate Marble Sponge & Custard	Fruity Jelly & Cream Swirl	Cheese & Crackers	Jammy Shortbread Biscuit	Tutti Fruity Ice Cream Sundae
WEEK 3 - 20/09/21, 18/10/21, 15/11/21, 13/12/21, 17/01/22, 14/02/22, 14/03/22					
MAIN MEAL	Tomato Stuffed Crust Margarita Pizza, Crispy Diced Potatoes with Sweetcorn / Corn on the Cob Jacket Potato / Baguette / Wrap with Tuna Mayo & Side Salad	Sausages, Mashed Potatoes & Baked Beans Jacket Potato / Baguette / Wrap with Cheese & Side Salad	Chicken Breast with Sage & Onion Stuffing, Roast / Boiled Potatoes, Seasonal Vegetables & Gravy Jacket Potato / Baguette / Wrap with Ham & Side Salad	Beef Bolognese with Pasta Spirals, Garlic Bread & Side Salad Jacket Potato / Baguette / Wrap with Turkey & Side Salad	Fish Fingers, Chips & Baked Beans Jacket Potato / Baguette / Wrap with Cheese & Side Salad
DESSERT	Flapjack	Chef's Choice Shortbread Biscuit	Fresh Fruit or Fruit Yoghurt	Chocolate Orange Sponge & Custard	Jelly & Vanilla Ice Cream
WEEK 4 - 27/09/21, 22/11/21, 24/01/22, 21/03/22					
MAIN MEAL	Crispy Chicken Fillets with Chip Shop Curry Sauce & Rice (Katsu Style!) with Peas & Sweetcorn Jacket Potato / Baguette / Wrap with Cheese & Side Salad	Sea Star with Crispy Diced Potatoes & Baked Beans Jacket Potato / Baguette / Wrap with Ham & Side Salad	Sausages with Yorkshire Pudding, Sage & Onion Stuffing, Mashed / Boiled Potatoes, Seasonal Vegetables & Gravy Jacket Potato / Baguette / Wrap with Turkey & Side Salad	Cheesy Chicken Pasta Bake with Garlic Bread and a Side Salad Jacket Potato / Baguette / Wrap with Quorn Dippers & Side Salad	Gammon Steak & Pineapple with Chips & Side Salad / Corn on the Cob Jacket Potato / Baguette / Wrap with Tuna Mayo & Side Salad
DESSERT	Chef's Choice Shortbread Biscuit	Sticky Toffee Sponge & Custard	Fresh Fruit / Fruit Yoghurt	Cheese & Crackers	Mini Trifle

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.