

Merthyr Tydfil Menu September 2022 - March 2023

2 Courses for just £2.30

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - 05/09/22, 03/10/22 07/11/22, 05/12/22, 09/01/23, 06/02/23, 27/02/23 27/03/23					
MAIN MEAL	Tomato Stuffed Crust Margarita Pizza, Crispy Diced Potatoes with Sweetcorn / Corn on the Cob Jacket Potato / Wrap with Tuna Mayo with Sweetcorn & Side Salad Ham or Cheese Sandwich with Side Salad	Cheesy Chicken Pasta Bake with Garlic Bread and a Side Salad Jacket Potato/Wrap with Turkey & Side Salad Ham or Cheese Sandwich with Side Salad	Sausages, Mashed Potatoes & Baked Beans Jacket Potato / Wrap with Cheese & Side Salad Ham or Cheese Sandwich with Side Salad	Chicken Breast with Sage & Onion Stuffing, Roast / Boiled Potatoes, Seasonal Vegetables & Gravy Jacket Potato / Wrap with Ham & Side Salad Ham or Cheese Sandwich with Side Salad	Fish Fingers, Chips & Baked Beans Jacket Potato / Wrap with Cheese & Side Salad Ham or Cheese Sandwich with Side Salad
DESSERT	Chef's Choice Shortbread Biscuit	Fresh Fruit & Fruit Yoghurt	Jelly with Cream Swirl	Fresh Fruit & Fruit Yoghurt	Chocolate Brownie & Vanilla Ice Cream
WEEK 2 - 12/09/22, 10/10/22, 14/11/22, 12/12/22, 16/01/23, 13/02/23, 06/03/23					
MAIN MEAL	Chip Shop Chicken Curry with Basmati Rice, Mini Garlic & Coriander Naan & Peas & Sweetcorn Wrap with Fish Fingers & Side Salad Ham or Cheese Sandwich with Side Salad	Sausages with Yorkshire Pudding, Sage & Onion Stuffing, Roast Potatoes, Seasonal Vegetables & Gravy Jacket Potato / Wrap with Turkey & Side Salad Ham or Cheese Sandwich with Side Salad	Crispy Chicken Fillet with Crispy Diced Potatoes & Baked Beans Jacket Potato / Wrap with Ham & Side Salad Ham or Cheese Sandwich with Side Salad	Beef Bolognese with Pasta Spirals, Garlic Bread & Side Salad Jacket Potato / Wrap with Quorn Dippers & Side Salad Ham or Cheese Sandwich with Side Salad	Sea Star with Chips & Baked Beans Jacket Potato with Cheese & Baked Beans Ham or Cheese Sandwich with Side Salad
DESSERT	Fresh Fruit & Fruit Yoghurt	Chef's Choice Shortbread Biscuit	Sticky Toffee Sponge & Custard	Cheese & Crackers	Mini Trifle
WEEK 3 - 19/09/22, 17/10/22, 21/11/22, 19/12/22, 23/01/23, 13/03/23					
MAIN MEAL	Chicken Breast in an Italian Tomato Sauce with Pasta Spirals, Garlic Bread & Side Salad Jacket Potato / Wrap with Cheese & Side Salad Ham or Cheese Sandwich with Side Salad	Fish Fingers with Crispy Diced Potatoes & Baked Beans Jacket Potato / Wrap with Quorn Dippers & Side Salad Ham or Cheese Sandwich with Side Salad	Roast Beef with Yorkshire Pudding, Sage & Onion Stuffing, Mashed / Boiled Potatoes, Seasonal Vegetables & Gravy Jacket Potato / Wrap with Ham & Side Salad Ham or Cheese Sandwich with Side Salad	Mini Grill: Sausage & Bacon with Crispy Diced Potatoes and Baked Beans Jacket Potato / Wrap with Tuna Mayo with Sweetcorn & Side Salad Ham or Cheese Sandwich with Side Salad	Crispy Chicken Fillet in a Soft Bun with Curly Fries & Coleslaw/Side Salad Jacket Potato / Wrap with Turkey & Side Salad Ham or Cheese Sandwich with Side Salad
DESSERT	Chocolate Marble Sponge & Custard	Jammy Shortbread Biscuit	Cheese & Crackers	Fresh Fruit & Fruit Yoghurt	Tutti Fruity Ice Cream Sundae
WEEK 4 - 26/09/22, 24/10/22, 28/11/22, 30/01/23, 20/03/23					
MAIN MEAL	Sausages, Potato Smiles & Baked Beans Jacket Potato / Wrap with Quorn Dippers & Side Salad Ham or Cheese Sandwich with Side Salad	Chicken Tikka Masala, Basmati Rice with Peas & Sweetcorn & Mini Garlic & Coriander Naan Wrap with Fish Fingers & Side Salad (with Optional Mayo or Tomato Ketchup) Ham or Cheese Sandwich with Side Salad	Fish Fingers with Mashed Potatoes, Peas and Tomato Ketchup Jacket Potato / Wrap with Turkey & Side Salad Ham or Cheese Sandwich with Side Salad	BBQ Chicken Breast, Crispy Diced Potatoes with Peas & Sweetcorn Jacket Potato / Wrap with Ham & Side Salad Ham or Cheese Sandwich with Side Salad	Quorn Dippers, Curly Fries & Baked Beans Jacket Potato with Cheese & Baked Beans Ham or Cheese Sandwich with Side Salad
DESSERT	Tutti Fruity Sponge & Custard	Fresh Fruit & Fruit Yoghurt	Vanilla Ripple Ice Cream Sundae	Cheese & Crackers	Jelly with Cream Swirl

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.