

Tredegar Comprehensive Meal of the Day

September 2023



Blaenau Gwent Catering - At the Heart of a Healthy Lifestyle

Week
Three

Monday

Main Meal: Chicken Pasta Bake, Garlic Bread & Side, Salad
Or: Cheese & Tomato Pasta Bake, Garlic Bread & Side Salad
Dessert: Luxury Chocolate Brownie

Tuesday

Main Meal: Battered Pollock Fish Fillet
Or: Chilli Con Carne, Vegan Quorn Dippers, Peas / Side Salad, Chips / Wedges
Dessert: Fruit Cheesecake

Wednesday

Main Meal: Sausages, Yorkshire Pudding, Boiled Potatoes,
Seasonal Vegetables & Gravy
Or: Quorn Sausages, Yorkshire Pudding, Boiled Potatoes,
Seasonal Vegetables & Gravy
Dessert: Jaffa Cake Tray Bake

Thursday

Main Meal: Cod & Salmon Fish Fingers, Mashed Potato, Peas & Side Salad
Or: Cooks Choice Curry / Vegetable Curry, Rice & Naan Bread
Dessert: Fruit Crumble & Custard

Friday

Main Meal: Beef Burger in a Roll, Baked Beans / Side Salad & Chips
Or: Vegan Sausage Roll, Baked Beans / Side Salad & Chips
Dessert: Fruit & Jelly

It may be necessary to change items without prior notice. Please let us know if you have any special medical dietary needs. Fresh seasonal vegetables will be provide wherever possible. Non Students will be charged VAT.

For more information please contact
Blaenau Gwent Catering Department
Tel: 07970381669 / 07790544458