

Tredegar Comprehensive Meal of the Day

September 2023



Blaenau Gwent Catering - At the Heart of a Healthy Lifestyle

Week
One

Monday

Main Meal: Spaghetti / Pasta Bolognese, Garlic Bread & Side Salad
Or: Vegetable Spaghetti / Pasta Bolognese, Garlic Bread & Side Salad
Dessert: Flapjack

Tuesday

Main Meal: Cod & Salmon Fish Fingers, Peas or Side Salad,
Chips / Potato Wedges / Sweet Potato Wedges
Or: Vegan Quorn Dippers, Baked Beans, Chips / Potato Wedges / Sweet Potato Wedges
Dessert: Fruit Crumble & Custard

Wednesday

Main Meal: Chicken Fillets, Sage & Onion Stuffing, Boiled Potatoes,
Seasonal Vegetables & Gravy
Or: Quorn Fillet, Sage & Onion Stuffing, Boiled Potatoes,
Seasonal Vegetables & Gravy
Dessert: Pancakes with Sugar & Lemon / Chocolate Sauce

Thursday

Main Meal: Battered Pollock Fillet, Mashed Potato, Peas & Side Salad
Or: Cooks Choice Curry / Vegetable Curry, Rice & Naan Bread
Dessert: Sticky Toffee Pudding & Custard

Friday

Main Meal: Pizza, Chips & Side Salad / Baked Beans
Or: Hot Dog, Chips & Side Salad / Baked Beans.
Dessert: Tutti Fruity Ice Cream

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