

Abertillery Learning Community - Secondary Campus

# 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  
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