

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