

Tredegar Comprehensive Meal of the Day

September 2023



Blaenau Gwent Catering - At the Heart of a Healthy Lifestyle

Week
Two

Monday

Main Meal: Beef Lasagne, Garlic Bread & Side Salad

Or: Vegetable Lasagne, Garlic Bread & Side Salad

Dessert: Carrot Cake Muffin

Tuesday

Main Meal: Mini Grill: Sausage or Veggie Sausage, Bacon, Baked Beans, Bread & Spread, Chips or Sauté Potatoes

Or: Fish Fillet, Peas, Bread & Spread, Curry Sauce, Chips / Sauté Potatoes

Dessert: Ice Cream Sundae / Jelly & Ice Cream

Wednesday

Main Meal: Roast Beef, Yorkshire Pudding, Boiled Potatoes, Seasonal Vegetables & Gravy

Or: Quorn Sausages, Yorkshire Pudding, Boiled Potatoes, Seasonal Vegetables & Gravy

Dessert: Fruit Crumble & Custard

Thursday

Main Meal: Hunters Chicken, Rice & Side Salad

Or: Sweet & Sour Quorn, Rice & Side Salad

Dessert: Shortbread Biscuit

Friday

Main Meal: Battered Pollock Fish Fillet

Or: Vegan Quorn Dippers, Baked Beans / Curry Sauce, Chips

Dessert: Fruit Pot & Chocolate Sauce Dip

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