

Providing school meals to pupils across Flintshire for more than 9 years

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Tomato & Herb Pasta with Garlic Bread V V *OR* Salmon & Broccoli Bake Garlic Bread Peas / Sweetcorn Baked Potato with a Selection of Fillings Yoghurt Bar with Fresh Fruit Toppings Fresh Whole Fruit	BBQ Chicken, Homemade Wedges and Fresh Salad Bar *OR* Mac 'n' Cheese V V Pasta Pot with a Selection of Fillings Yoghurt Bar with Fresh Fruit Toppings Fresh Whole Fruit	Roast Beef Dinner *OR* Veggie Dinner V V Yorkshire Pudding, Carrots Green Beans & Cauliflower, Roast or New Potatoes, Gravy Pasta Pot with a Selection of Fillings Yoghurt Bar with Fresh Fruit Toppings Fresh Whole Fruit	Chicken Wrap *OR* Tomato Soup and Roll V V Vegetable Rice and Coleslaw Baked Potato with a Selection of Fillings Crackers & Cheese with Fruit Fresh Whole Fruit	Chicken Nuggets *OR* Cheese and Bean Pasty V V Chips or New Potatoes & Veggie Sticks Sandwiches with a Selection of Fillings Fresh Baked Fruit Muffin Fresh Whole Fruit
WEEK 2	Beef Bolognese *OR* Vegetable & Lentil Bolognese V V Pasta, Garlic Bread & Salad Baked Potato with a Selection of Fillings Yoghurt Bar with Fresh Fruit Toppings Fresh Whole Fruit	French Baguette Pizza Homemade Wedges V V *OR* Chicken Fajita Pasta Bake Peas / Sweetcorn Pasta Pot with a Selection of Fillings Yoghurt Bar with Fresh Fruit Toppings Fresh Whole Fruit	Roast Turkey Dinner *OR* Veggie Dinner V V Yorkshire Pudding, Carrots & Broccoli, Roast or New Potatoes, Gravy Pasta Pot with a Selection of Fillings Yoghurt Bar with Fresh Fruit Toppings Fresh Whole Fruit	Chicken Curry *OR* Vegetable Curry V V Rice & Naan Bread Broccoli Baked Potato with a Selection of Fillings Cake & Custard Fresh Whole Fruit	Chicken Burger Vegan Burger V V *OR* Jumbo Fish Finger Chips or New Potatoes & Veggie Sticks Sandwiches with a Selection of Fillings Mario's Welsh Ice Cream Fresh Whole Fruit

Daily Fresh Salad Bar and 50/50 Henllan Bread

PLEASE NOTE: OUR MENUS COULD BE SUBJECT TO CHANGE DUE TO NATIONWIDE SUPPLY ISSUES.

Proud to supply NEWydd Catering

RAVENSCROFT AND THACKERY

Featuring the finest Welsh produce across our menu

Many of our dishes are available to accommodate special dietary requirements - please contact our Cook to discuss these options

This menu has been nutritionally analysed in line with **Welsh Government Guidance** to meet pupils needs for **protein, carbohydrates, fat, sugar** and **salt**.

Key

V Suitable for **Vegetarians**

V **Vegan** Option Available

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