

# PRIMARY MENU

## WEEK 1

### MONDAY

Cod & Salmon Fish Fingers \*  
Or Broccoli & Tomato Pasta  
Herby Diced Potatoes  
Baked Beans, Sweetcorn, Garden Peas, Salad  
Raspberry Peach Swirl Sponge & Custard

### TUESDAY

Beef Bolognese \*  
Or Falafel Burger  
Pasta or Potato Wedges  
Mixed Vegetables, Broccoli, Salad  
Fruit Yoghurt or Fresh Fruit

### WEDNESDAY

Roast Turkey & Stuffing in rich Gravy \*  
Or Vegetable & Lentil Shepherds Pie  
Boiled or Creamed Potatoes  
Green Cabbage, Carrots & Diced Swede  
Jelly with Strawberry Swirl

### THURSDAY

Meatballs in Rich Gravy \*  
Or Vegetable Sausage  
Creamed or Boiled Potatoes  
Carrots, Garden Peas, Broccoli, Salad  
Fruit Yoghurt or Fresh Fruit

### FRIDAY

Fish Fillet \*  
Or Spinach and Chickpea Curry  
Vegetable Rice or Chipped Potatoes  
Mixed Vegetables, Sweetcorn, Broccoli, Salad  
Mandarin topped Sponge Slice

## WEEK 2

### MONDAY

Mini Omelette with Pork Sausage \*  
Or Sweet & Sour Vegetables  
Potato Wedges or Vegetable Rice  
Baked Beans, Garden Peas, Salad  
Eve's Sponge & Custard

### TUESDAY

Cod & Salmon Fish Fingers \*  
Or Vegetable Plant Ball in Tomato Sauce  
Pasta or Diced Potatoes/Boiled Potatoes  
Broccoli, Garden Peas, Sweetcorn, Salad  
Fruit Yoghurt or Fresh Fruit

### WEDNESDAY

Roast Pork & Apple Sauce in Rich Gravy \*  
Or Vegetable Sausage  
Creamed or Boiled Potatoes  
Green Beans, Swede & Broccoli  
Tropical Rice Pudding

### THURSDAY

Chicken Fillet in Rich Gravy \*  
Or Vegetable & Bean Casserole  
Boiled or Creamed Potatoes  
Carrots, Cabbage, Country Vegetables, Salad  
Fruit Yoghurt or Fresh Fruit

### FRIDAY

Cheese and Tomato Pizza \*  
Or Quorn Dippers  
Jacket Potato or Chipped Potatoes  
Mini Corn Cobs, Mixed Vegetables, Salad  
Fruit Muffins or Tutti Fruitti Flapjacks

## WEEK 3

### MONDAY

Breaded Fish Goujons \*  
Or Mushroom and Leek Bake  
Jacket Potato or Sauté Potatoes  
Garden Peas, Sweetcorn, Broccoli, Salad  
Toffee Apple Brownies with Fruit Slices

### TUESDAY

Meatballs in Tomato Sauce \*  
Or Southern Style Vegetable Burger  
Pasta or Potato Wedges  
Mixed Vegetables, Garden Peas, Sweetcorn, Salad  
Fruit Yoghurt or Fresh Fruit

### WEDNESDAY

Roast Beef with Rich Gravy \*  
Or Garden Vegetable Pie  
Boiled or Creamed Potatoes  
Baton Carrots, Cabbage, Swede  
Artic Roll and Fruit Wedges

### THURSDAY

Pork Frikadellons \*  
Or Quorn Fillet  
Creamed Potatoes or Boiled Potatoes  
Baked Beans, Carrots, Garden Peas  
Fruit Yoghurt or Fresh Fruit

### FRIDAY

Chicken Tikka/Korma \*  
Or Vegetarian Hot Dogs  
Vegetable Rice or Chipped Potatoes  
Broccoli, Sweetcorn, Garden Peas, Salad  
Strawberry Delight Crunch

#### September 2026

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 1  | 2  | 3  | 4  |

#### October 2026

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1  |

#### November 2026

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

#### December 2026

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
| 30 | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

Also served daily:

Fresh Fruit, Wholemeal Bread, Yoghurt, Semi-Skimmed Milk, Water

Occasionally due to circumstances beyond our control it may be necessary to change or replace some menu items or ingredients.

Please note our menus/food may contain allergens. We are able to provide allergen information on request or please visit the Bridgend CBC website for more information.

**\* NURSERY PUPILS**