

Week 1

05/09/22
03/10/22
07/11/22
05/12/22
09/01/23
06/02/23
27/02/23
27/03/23

Merthyr Tydfil Comprehensive School's September 2022 - March 2023

Monday

Main: Sausages, Chips & Curry Sauce
Or Hot & Spicy Chicken in a Warm Wrap with Chips
& Condiment of Choice
Or Double Cheeseburger
Dessert: Dessert Jam & Coconut Sponge

Tuesday

Main: Chicken Tikka Masala with Basmati Rice,
Garlic & Coriander Naan & Side Salad
Or Chef's Choice Pasta Bake with Garlic Bread & Side Salad
Or Posh Dog with Condiment of Choice
Dessert: Chocolate Brownie

Wednesday

Main: Fish Fingers in a Soft Bap, Crispy Diced Potatoes & Side Salad
plus Condiment of Choice
Or Quorn Dippers in a Soft Bap, Crispy Diced Potatoes & Side Salad
with Condiment of Choice
Or 5" Margarita Pizza
Dessert: Chocolate Marble Sponge

Thursday

Main: Roast Beef with Sage & Onion Stuffing, Mashed Potatoes
with Seasonal Vegetables & Gravy in a Giant Yorkshire Pudding
Or Sausages with Sage & Onion Stuffing, Mashed Potatoes with
Seasonal Vegetables & Gravy in a Giant Yorkshire Pudding
Or Hot & Spicy Chicken Fillet in a Baguette with Condiment of Choice
Dessert: Sticky Toffee Pudding & Custard

Friday

Main: Margarita Pizza, Curly Fries with Corn on Cob & Side Salad
Or Jacket Potato with a Choice of fillings & Side Salad
Or Southern Style Quorn Burger in a Soft Bun with Condiment of Choice
Dessert: Tutti Fruity Ice Cream Sundae

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 provided wherever possible.
Non students will be charged VAT

For more information, please contact the School Catering Department at:
myschoollunch@merthyr.gov.uk or call on 01685 725134 / 07821 824865