

## Week 2

12/09/22  
10/10/22  
14/11/22  
12/12/22  
16/01/23  
13/02/23  
06/03/23

# Merthyr Tydfil Comprehensive School's September 2022 - March 2023



Cyngor Bwrdeistref Sirol  
MERTHYR TYDFIL  
MERTHYR TYDFIL  
County Borough Council

## Monday

**Main:** Posh Dog, Curly Fries & Corn on the Cob  
with Condiment of Choice

Or Southern Fried Chicken Fillet in a Bap with Curly Fries  
& Side Salad with Condiment of Choice

Or Ham & Cheese Panini

**Dessert:** Chef's Choice Shortbread

## Tuesday

**Main:** Chip Shop Style Chicken Curry with Basmati Rice, Peas and a Side Salad

Or Mega Cheesy Mac n' Cheese with Garlic Bread & Side Salad

Or Fish Fingers in a Soft Wrap with Mayo

**Dessert:** Fruity Jelly with Cream Swirl

## Wednesday

**Main:** Beef Bolognese with Garlic Bread & Side Salad

Or Jumbo Fish Finger with Crispy Diced Potatoes & Baked Beans

Or Southern Style Quorn Burger in a Soft Bun with Condiment of Choice

**Dessert:** Flapjack

## Thursday

**Main:** Chicken Breast with Sage & Onion Stuffing, Roast / Mashed Potatoes,  
Seasonal Vegetables & Gravy

Or Hot Chicken & Stuffing Baguette with Crispy Diced Potatoes  
& Side Salad plus Optional Pot of Gravy

Or Double Cheeseburger

**Dessert:** Chocolate Marble Sponge with Custard

## Friday

**Main:** Quorn Dippers with Chips & Baked Beans

Or Jacket Potato with a Choice of Fillings & Side Salad

Or 5" Margarita Pizza

**Dessert:** Tutti Fruity Ripple 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](mailto:myschoollunch@merthyr.gov.uk) or call on 01685 725134 / 07821 824865

