

Week 3

19/09/22
17/10/22
21/11/22
19/12/22
23/01/23
13/03/23

Merthyr Tydfil Comprehensive School's September 2022 - March 2023



Monday

Main: Chip Shop Style Chicken Curry with Chips & Basmati Rice (half n' half) & a Garlic & Coriander Naan
Or Fish Fingers in a Soft Bap with Chips & Coleslaw
Or Ham & Cheese Panini

Dessert: Sticky Toffee Pudding with Custard

Tuesday

Main: Hunters Chicken with Crispy Diced Potatoes, Corn on Cob & Side Salad
Or Sausages with Cheese & Potato Pie & Baked Beans
Or Quorn Dippers in a Soft Warm Wrap with Condiment of Choice

Dessert: Vanilla Ripple Ice Cream Sundae

Wednesday

Main: Chicken Tikka Masala with Basmati Rice, Garlic & Coriander Naan & Side Salad
Or Chef's Choice Pasta Bake with Garlic Bread & Side Salad
Or Hot & Spicy Chicken Fillet in a Baguette with Condiment of Choice

Dessert: Chocolate Brownie

Thursday

Main: Sausages in a Giant Yorkshire Pudding with Mashed Potatoes, Seasonal Vegetables & Gravy
Or Corned Beef Pie with Mashed Potatoes, Seasonal Vegetables & Gravy
Or BBQ Chicken Panini

Dessert: Mini Fruity Trifle

Friday

Main: Chip Shop Style Fish with Chips, Peas & Curry Sauce
Or Hot Quorn Dippers in a Soft Bread Bun with Chips & Side Salad/
Coleslaw with Condiment of Choice

Or 5" Margarita Pizza

Dessert: Flapjack

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

