

## Week 4

26/09/22  
24/10/22  
28/11/22  
30/01/23  
20/03/23

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

## Monday

**Main:** Hot & Spicy Chicken Fillet with Curly Fries & Corn on Cob  
Or Margarita Pizza with Curly Fries & Baked Beans  
Or Double Cheese Burger with Condiment of Choice  
**Dessert:** Chocolate Sponge & Custard

## Tuesday

**Main:** Hunters Chicken with Crispy Diced Potatoes  
& Seasonal Vegetables / Side Salad  
Or Chef's Choice Pasta Bake with Garlic Bread & Side Salad  
Or Posh Dog with Condiment of Choice  
**Dessert:** Fruity Jelly & Cream Swirl

## Wednesday

**Main:** Chef's Choice Curry with Basmati Rice, Garlic  
& Coriander Naan, Peas & Sweetcorn  
Or Jumbo Fish Finger with Crispy Diced Potatoes & Baked Beans  
Or Ham & Cheese Panini  
**Dessert:** Vanilla Ripple Ice Cream Sundae

## Thursday

**Main:** Roast Beef with Sage & Onion Stuffing, Roast/Mashed Potatoes, Seasonal  
Vegetables & Gravy in a Giant Yorkshire Pudding  
Or Roast Beef with Sage & Onion Stuffing in a Baguette with Crispy Diced Potatoes  
& Side Salad plus Optional Pot of Gravy  
Or 5" Margarita Pizza  
**Dessert:** Tutti Fruity Sponge & Custard

## Friday

**Main:** Fish Fillet with Chips, Peas & Curry Sauce  
Or Jacket Potato with a Choice of Fillings & Side Salad  
Or Southern Style Quorn Burger in a Soft Bun with Condiment of Choice  
**Dessert:** Chef's Choice Shortbread

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