2nd November · 23rd November · 14th December · 18th January · 8th February · 7th N

_	Week 1	Main Courses	Vegetarian Option	Alternative
2	Monday	Homemade Pizza (v) - Homemade Potato Wedges / Mashed Potato or Pasta - Seasonal Vegetables	Homemade Pizza - Homemade Potato Wedges / Mashed Potato or Pasta - Seasonal Vegetables	Jacket Potato with Various Fillings
D	Tuesday	BBQ Chicken or Chicken Casserole Rice and 1/2 Naan Bread or Mashed Potato & Green Beans	BBQ Quorn or Vegetable Casserole Rice and 1/2 Naan Bread or Mashed Potato & Green Beans	Jacket Potato with Various Fillings
	Wednesday	Roast Turkey & Stuffing Mashed & Roast Potato - Broccoli and Carrots or Salad - Gravy	Vegetarian Cottage Pie - Mashed & Roast Potato - Broccoli and Carrots or Salad - Gravy	Jacket Potato with Various Fillings
-	Thursday	Meatballs in a Savoury Sauce Garlic Bread - Pasta or Potatoes - Seasonal Vegetables	Vegetarian Meat Free Balls - Garlic Bread Pasta or Potatoes - Seasonal Vegetables	Jacket Potato with Various Fillings
	Friday	Alaskan Salmon Fillet or Fish Finger Chips/ Mashed Potato or Pasta - Baked Beans or Peas	Vegetable Finger Chips/ Mashed Potato or Pasta - Baked Beans or Peas	Jacket Potato with Various Fillings

9th November • 30th November • 4th January • 25th January • 22nd February • 14th Ma

Week 2	Main Courses	Vegetarian Option	Alternative
Monday	Homemade Beef Lasagne or Homemade Spaghetti	Vegetarian Lasagne or Vegetarian Bolognaise	Jacket Potato
	Bolognaise - Garlic Bread - Peas and Sweetcorn	Garlic Bread - Peas and Sweetcorn	with Various Fillings
Tuesday	Sausage and Mashed Potato Seasonal Vegetables - Onion Gravy or Plain Gravy	Vegetarian Sausage Seasonal Vegetables - Onion Gravy or Plain Gravy	Jacket Potato with Various Fillings
Wednesday	Roast Pork and Apple Sauce - Mashed & Roast Potato Cabbage and Broccoli or Salad - Gravy	Cheese and Potato Pie with Baked Beans	Jacket Potato with Various Fillings
Thursday	Homemade Beef Casserole Rice/ Potatoes - Seasonal Vegetables - Crusty Bread	Homemade Vegetable Casserole Rice/ Potatoes - Seasonal Vegetables - Crusty Bread	Jacket Potato with Various Filings
Friday	Chip Shop Fish / Salmon Bake Chips/ Mashed Potato or Pasta - Baked Beans or Peas	Vegetarian Bake Chips/ Mashed Potato or Pasta - Baked Beans or Peas	Jacket Potato with Various Fillings

16th November • 7th December • 11th January • 1st February • 29th February • 21st Ma

ک ر	Week 3	Main Courses	Vegetarian Option	Alternative
	Monday	Macaroni Cheese with Bacon Garlic Bread - Peas and Sweetcorn	Tomato and Basil Pasta Bake Garlic Bread - Peas and Sweetcorn	Jacket Potato with Various Fillings
2	Tuesday	Cowboy Hotpot—(Sausage Mash & Beans) Mashed Potato or Pasta - Seasonal Vegetables	Country Cheese and Vegetable Bake Mashed Potato or Pasta - Seasonal Vegetables	Jacket Potato with Various Fillings
Ę	Wednesday	Roast Beef and Yorkshire Pudding - Mashed & Roast Potato Green Beans and Carrots or Salad - Gravy	Homemade Glamorgan Sausage - Mashed & Roast Potato - Green Beans and Carrots or Salad	Jacket Potato with Various Fillings
	Thursday	Homemade Chicken Curry or Sweet and Sour Rice - 1/2 Naan Bread - Mixed Vegetables	Vegetable Curry or Quorn Sweet and Sour Rice—1/2 Naan Bread - Mixed Vegetables	Jacket Potato with Various Fillings
	Friday	Salmon and Cod Fish Cake or Fish Finger Chips or Pasta - Baked Beans or Peas	Vegetarian Sausage Chips or Pasta - Baked Beans or Peas	Jacket Potato with Various Fillings



monmouthshire sir fynwy Due to circumstances beyond our control, there may at times be a slight variance in our menus; we apologise for any inconvenience this may cause.The fruit and vegetables we serve are also subject to seasonal variation. Bread and Fresh Fruit Available daily.REVISED DEC 2015

March				
	Desserts			
	Homemade Fruit and Oat Crumble & Custard	-		
	Homemade Gooey Chocolate Pudding with Chocolate Sauce			
	Peaches, Jelly & Yoghurt			
	Homemade Teisen Lap & Custard			
	Homemade Chocolate Brownie with a Glass of Milk			
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	Desserts			
	Homemade Chocolate Flapjack and Glass of Milk			
	Homemade Fruit Crumble and Custard			
	Cookie Ice Cream			
	Homemade Chocolate and Pear Pudding & Custard			
S	Homemade Chocolate Rice Krispie and Glass of Milk			
arch				
	Desserts			
	Homemade Chocolate Beetroot Cake & Chocolate Sauce			
	Peaches, Jelly & Yoghurt			
	Homemade Blueberry Muffin			
	Homemade Chocolate Cookie and a Glass of Juice			
	Homemade Pineapple Upside Down Cake & Custard			
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