

SHEP Menu for Ysgol Cwm

Brombil

SHEP Menu 2023	Menu Days 1-5	Menu Day 6-10	Menu Day 11-12
Week Commencing	24 th July 2023	31 st July 2023	7 th August

Monday	Monday	Monday
Cheese & Tomato Pizza Tomato & Basil Pasta / Jacket Potato Baked Beans / Coleslaw / Seasonal Salad Fresh Fruit / Melon Wedges / Assorted Yogurts	Frikadellen Tomato & Basil Pasta / Jacket Potato Baked Beans / Grated Carrot and Beetroot / Salad Fresh Fruit / Melon Wedges / Assorted Yogurts	Cheese & Tomato Pizza Tomato & Basil Pasta / Jacket Potato Baked Beans / Cucumber & Pepper Salad / Seasonal Salad Pear Sponge & Custard / Melon Wedges / Yogurts
Tuesday	Tuesday	Tuesday
Homemade Chicken Curry with Homemade Bread Boiled Rice / Jacket Potato Garden Peas / Sweetcorn / Seasonal Salad Fresh Fruit / Melon Wedges / Assorted Yogurts	Homemade Beef Bolognese with Garlic Bread Pasta / Potatoes Garden Peas / Sweetcorn / Seasonal Salad Fresh Fruit Selection / Assorted Yogurts	Baked Sausage and Gravy Creamed Potatoes / Jacket Potato Fresh Carrots / Green Beans / Seasonal Salad Fresh Fruit Selection / Assorted Yogurts
Wednesday	Wednesday	
Roast Turkey with Homemade Stuffing and Gravy Boiled New Potatoes Fresh Carrots / Broccoli / Seasonal Salad Summer Fruits Pudding & Custard / Yogurts	Roast Chicken Fillet with Homemade Stuffing & Gravy Boiled New Potatoes Cabbage / Fresh Carrots / Seasonal Salad Fruit in Jelly & Topping / Fruit Yogurt	
Thursday	Thursday	
Homemade Mince Beef Pie and Gravy Creamed Potato or Jacket Potato Green Beans, Peas, Carrots Assorted Fruit Yogurt and Homemade Fruit Sponge	Homemade Chicken Curry with Homemade Bread Boiled Rice / Jacket Potato Garden Peas / Sweetcorn / Seasonal Salad Fresh Fruit / Melon Wedges / Assorted Yogurts	
Friday	Friday	
Breaded Cod Fish Finger / Baked Salmon Chipped Potatoes / Jacket Potato Baked Beans / Garden Peas / Seasonal Salad Fresh Fruit Salad with Assorted Yogurts	Breaded Fish Cod Finger / Baked Salmon Chipped Potatoes / Jacket Potato Baked Beans / Garden Peas / Seasonal Salad Fresh Fruit / Melon Wedges / Assorted Yogurts	

Available daily:- Selection of Fresh Fruit • A variety of bread

- Assorted Yogurt, Milk or Water is available. • Vegetarian Option also available daily on request.
- Occasionally, for reasons beyond our control, the menus may have to be changed at short notice.