

3 Week Compliant Menu Cycle - Issue 3 A Box Meals Sept 2021 Approved by: *M Lewis*

Week 1	Week 2	Week 3
Monday		
Southern Fried Chicken Goujons Chipped Potatoes & Sweetcorn ~ Ravioli (V) with Cheese Mashed Potatoes & Peas ~ Yoghurt or Fruit	Lasagne / Pasta Bake Savoury Herb Diced Potatoes & Garlic Mushrooms ~ Margherita Pizza (V) Potato Croquettes & Baked Beans ~ Yoghurt or Fruit	Sausages Chipped Potatoes & Baked Beans ~ Macaroni Cheese (V) with Garlic Bread & Broccoli / Spinach ~ Yoghurt or Fruit
Tuesday		
Beef Bolognese Garlic Bread, Spaghetti & Peas ~ Margherita Pizza (V) Non-Fried Herby Potato Bites & Baked Beans ~ Flapjack & Fruit Juice	Minced Beef Pie, Parsley Potatoes, Carrots & Gravy ~ Ravioli (V) with Cheese, Mashed Potatoes & Peas ~ Delight & Fruit Juice	Meatballs, Potato Swirls / Spaghetti in Tomato Sauce & Peas ~ Tomato & Lentil Pasta Bake (V) Potato Croquettes & Sweetcorn ~ Yoghurt & Fruit Juice
Wednesday		
Chicken Breast Mashed / Boiled Potatoes Swede, Cabbage & Gravy ~ Quorn Sausage (V) Sage & Thyme Roast Potatoes, Carrots & Gravy ~ Various Jelly	Sliced Pork & Seasoning, Sage & Thyme Roast Potatoes, Broccoli, Cauliflower & Gravy ~ Cottage Pie (V) Boiled Potatoes, Carrots & Gravy ~ Raspberry Mousse Slice	Sliced Beef & Yorkshire Pudding, Oven Baked Crispy Roast Potatoes, Cabbage, Carrots & Gravy ~ Sausage (V) Mashed Potatoes, Peas & Gravy ~ Yoghurt
Thursday		
Sausages Mashed Potatoes & Baked Beans ~ Meat Free Meatballs (V) in Tomato & Basil Sauce, Pasta & Peas ~ Yoghurt or Fruit	Chicken Curry Various (korma, masala or fruity) Rice, Sweetcorn & Peas ~ Pizza Bagel Potato Croquettes & Baked Beans ~ Fruity Flapjack	Cottage Pie Mashed Potatoes, Carrots & Gravy ~ Margherita Pizza Non-Fried Herby Potato Bites & Coleslaw ~ Yoghurt or Fruit
Friday		
Jumbo Fish Finger Salmon Fishcake Smiley Faces & Sweetcorn & Tomato Sauce ~ Fruity Vegetable Curry (V) Rice & Peas ~ Citrus Oat Cookie & Fruit Juice	Fish Portion Chipped / Boiled Potatoes & Baked Beans ~ Cheese Potato Pie (V) & Tomatoes ~ Chocolate Cookie & Fruit Juice	Sea Stars Salmon Fishcake Chipped Potatoes Baked Beans or Peas Fruity Curry Sauce ~ Cheese Panini (V) Savoury Wedges & Side Salad ~ Honey & Lemon Cookie & Fruit Juice

Drinking Water and Various Fruit Selection available daily.

The menu mix displayed is for guidance only. Customers will be free to make their own daily accompaniments selection.

Caerphilly Catering Services reserve the right to change products subject to availability.

This menu is for serving in boxes.