



Visit Cati at her website

[www.myschoollunch.co.uk/caerphilly](http://www.myschoollunch.co.uk/caerphilly)

You can enter competitions and win great prizes, play games and tell Cati what you think of your school dinners.

See you soon. 

Please check [www.myschoollunch.co.uk/caerphilly](http://www.myschoollunch.co.uk/caerphilly) for menu week details, and please check the website regularly for menu updates.

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

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Sausages  Macaroni Cheese V	Meatballs  Tomato & Lentil Pasta Bake V	Sliced Beef & Yorkshire Pudding & Gravy  Sausage V	Cottage Pie  Margherita Pizza V	Sea Stars or Salmon Fishcake Served with Fruity Curry sauce  Cheese Panini
<b>Carbohydrates</b>	Chipped Potatoes  Garlic Bread	Potato Swirls  Whole-wheat Spaghetti in Tomato Sauce  Potato Croquette	Oven Baked Crispy Roast Potatoes  Mashed Potatoes	Mashed Potatoes  Non Fried Herby Potato Bites	Chipped Potatoes Served with Ketchup  Savoury Wedges
<b>Vegetables</b> (Salad Available Daily)	Baked Beans  Broccoli  Spinach	Peas  Sweetcorn	Cabbage  Carrots  Peas Yoghurt	Carrots  Coleslaw	Baked Beans  Peas  Side Salad
<b>Desserts of the day</b> (Fruit Available Daily)	Yogurt or Fruit	Yogurt & Fruit Juice	Yoghurt	Yogurt or Fruit	Honey & Lemon Cookie & Fruit Juice

[www.myschoollunch.co.uk/caerphilly](http://www.myschoollunch.co.uk/caerphilly)

