



Ysgol Bae Baglan Winter Menu

Gluten Free

<i>Week A</i>	<i>Week B</i>
<i>MONDAY</i>	<i>MONDAY</i>
Chicken Tikka with Brown/White Rice or Jacket Potato Broccoli & Garden Peas Assorted Welsh Fruit Yoghurts	Chicken Goujons Mashed Potato or Jacket Potato Baked Beans or Side Salad Assorted Welsh Fruit Yoghurts
<i>TUESDAY</i>	<i>TUESDAY</i>
Turkey Mince Cottage Pie & Gravy Cabbage & Carrots Vanilla Ice cream & Fruit Salad	Chicken Tikka with Brown/White Rice or Jacket Potato Broccoli & Green Beans Assorted Muffins
<i>WEDNESDAY</i>	<i>WEDNESDAY</i>
Pork Sausage & Gravy Mashed Potatoes Cauliflower, Green Beans & Carrots Raspberry Mousse & Peaches	Roast Beef & Gravy Mashed Potato Cabbage, Carrots & Swede Chocolate Mousse & Mandarins
<i>THURSDAY</i>	<i>THURSDAY</i>
Beef Bolognese Fusilli Pasta Carrot Batons & Sweetcorn Assorted Muffins	Beef Bolognese Fusilli Pasta Carrot Batons & Sweetcorn Assorted Muffins
<i>FRIDAY</i>	<i>FRIDAY</i>
Fish fingers Chips or Jacket Potato Baked Beans or Garden Peas Assorted Welsh Fruit Yogurts	Fish fingers Chips or Jacket Potato Baked Beans or Garden Peas Assorted Welsh Fruit Yogurts

Bottled Water or Milk are available with all meals

Available Daily

Gluten free roll, Fresh Fruit, Gluten Free Pasta & Mixed Side Salad

Vegan & Vegetarian available on Request

Please inform the **Catering Manager** of any Dietary Requirements so that we can ensure all our pupils eat safely.