

Daily Hot Main Meals

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - 05/11/18, 26/11/18, 17/12/18, 07/01/19, 28/01/19, 18/02/19, 04/03/19, 25/03/19	Margarita Pizza with Chips and Baked Beans Or Jacket Potato with Tuna Mayo OR Cheese & Beans with Side Salad	Roast Beef & Giant Yorkshire Pudding with Roast & Mashed Or Potatoes, Seasonal Vegetables & Gravy Or Chef's Choice Pasta Bake with Garlic Bread & Side Salad	Hunters Chicken with Crispy Diced Potatoes & Seasonal Vegetables or Side Salad Or Corned Beef Pie with Mashed Potatoes, Seasonal Vegetables & Gravy	Sausages in a Giant Yorkshire Pudding with Mashed Potatoes, Peas & Sweetcorn & Gravy Or Beef Bolognese with Pasta, Garlic Bread & Side Salad	Chip Shop Style Fish, Chips & Curry Sauce Or Jacket Potato with a Choice of Fillings & Side Salad
WEEK 2 - 12/11/18, 03/12/18, 14/01/19, 04/02/19, 11/03/19, 01/04/19	Cornflake Tart & Custard	Chocolate Butterscotch Crunch	Luxury Chocolate Brownie	Tutti-Fruity Ice Cream Sundae	Fruity Jelly & Cream Swirl
WEEK 3 - 19/11/18, 10/12/18, 21/01/19, 11/02/19, 18/03/19, 08/04/19	Chocolate Marble Sponge with Custard	Chef's Choice Ice Cream Sundae	Chef's Choice Shortbread	Fruity Jelly with a Cream Swirl	Fruity Strawberry Crunch
DESSERT	Chocolate Marble Sponge with Custard	Chef's Choice Ice Cream Sundae	Chef's Choice Shortbread	Fruity Jelly with a Cream Swirl	Fruity Strawberry Crunch
MAIN MEAL	Sausages, Chips and Baked Beans Or Sweet Chili Chicken & Noodles with Side Salad	Chicken Fillets with Sage & Onion Stuffing, Roast & Mashed Potatoes with Seasonal Vegetables & Gravy Or Chef's Special Chicken Curry, Rice & Nean	Beef Lasagne with Garlic Bread & Side Salad Or Chef's Choice Pasta Bake with Garlic Bread & Side Salad	Sausages in a Giant Yorkshire Pudding with Mashed Potatoes, Peas, Sweetcorn & Gravy Or Chicken Fillets with Sage & Onion Stuffing in a Bread Roll with Side Salad	Salmon Fishcakes OR Mac n' Cheese Bites with Chips OR Sweet Potato Fries & Baked Beans or Colelaw Or Jacket Potato with a Choice of Fillings & Side Salad
DESSERT	Chocolate Marble Sponge with Custard	Chef's Choice Ice Cream Sundae	Chef's Choice Shortbread	Fruity Jelly with a Cream Swirl	Fruity Strawberry Crunch
MAIN MEAL	Chip Shop Style Chicken Curry, Chips & Rice (Half n' Half) with Nean Or Jumbo Fish Finger or Mac n' Cheese Bites with Chips & Side Salad or Baked Beans	Sausages in a Giant Yorkshire Pudding with Mashed Potatoes, Peas & Sweetcorn & Gravy Or Sweet Chili Chicken with Noodles & Side Salad	Mini Grill: Sausages & Bacon with Crispy Diced Potatoes, Baked Beans and a Bread Roll Or Sausages with Cheese & Potato Pie and Baked Beans	Chicken Fillets with Sage & Onion Stuffing, Roast & Mashed Potatoes with Seasonal Vegetables & Gravy Or Minced Beef & Onion Pie with Mashed Potatoes, Seasonal Vegetables & Gravy	Chip Shop Style Fish with Chips OR Sweet Potato Fries & Peas OR Baked Beans Or Jacket Potato with Chef's Choice Filling & Side Salad
DESSERT	Cornflake Tart & Custard	Chef's Choice Ice Cream Sundae	Mandarin Cheesecake	Flapjack	Fruity Jelly & Cream Swirl
MAIN MEAL	Chip Shop Style Chicken Curry, Chips & Rice (Half n' Half) with Nean Or Jumbo Fish Finger or Mac n' Cheese Bites with Chips & Side Salad or Baked Beans	Sausages in a Giant Yorkshire Pudding with Mashed Potatoes, Peas & Sweetcorn & Gravy Or Sweet Chili Chicken with Noodles & Side Salad	Mini Grill: Sausages & Bacon with Crispy Diced Potatoes, Baked Beans and a Bread Roll Or Sausages with Cheese & Potato Pie and Baked Beans	Chicken Fillets with Sage & Onion Stuffing, Roast & Mashed Potatoes with Seasonal Vegetables & Gravy Or Minced Beef & Onion Pie with Mashed Potatoes, Seasonal Vegetables & Gravy	Chip Shop Style Fish with Chips OR Sweet Potato Fries & Peas OR Baked Beans Or Jacket Potato with Chef's Choice Filling & Side Salad

This menu is available in Welsh. Please contact 01685 725134/myschoolnunch@merthyr.gov.uk

Merthyr Tydfil Comprehensive School's Student Price List



Mild-Morning Break

- Toast *(M)* £0.30
- Beans on Toast *(M)* £0.60
- Bacon Roll *(M)* £0.95
- Half Bagel *(M)* £0.30
- Crumpet *(M)* £0.30
- Half Toasted Tescake *(M)* £0.30
- Rasher of Bacon £0.65
- Piece of Fruit £0.40

Delif Bar

- Available daily - a selection of freshly prepared:
- Sandwiches £1.20
 - Wraps £1.30
 - Small Roll or 1/2 Baguette £1.55
 - Baguettes £1.50
 - Post/Salad Boxes £1.80

Bakery

- Daily selection of freshly baked sweet treats:
- Biscuit (one size) £0.40
 - Welsh Gakes £0.40
 - Flapjack £0.60
 - Cake / Muffin £0.60
 - Dessert of the Day £0.60

Hot Snacks

- Tasty hot snacks for food on the go:
- Hot Curry Rolls £1.50
 - Pizza quarter *(M)* £1.50
 - Hot Puntns (newspapers filling) £1.50
 - Cheeseburger £1.50
 - Chicken Cheese Burger £1.50
 - Quorn Dippers in Wrap *(M)* £1.50

Noodle Pots

- Vegetable Noodle Pots *(M)* £1.50
- Chicken Noodle Pots £1.90

Pasta Pots

- Freshly cooked pasta topped with your favourite sauce:
- Pain Pasta Pot £1.00
 - Pasta with Sauce £1.65
 - Pasta with Meat Sauce Add Garlic Bread (per slice) *(M)* £0.30

Meal of the Day (No Dessert)

- Meal of the Day (No Dessert) £2.20
- Lunch: Meal of the Day 1 £2.50

- Meal of the Day 2 £2.50
- Meal of the Day 3 £2.50

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Sides

- Condiment Socket £0.10
- Jam Portion *(M)* £0.10
- Grated Cheese Pot £0.35
- Baked Beans £0.45
- Curry Sauce/Gravy *(M)* £0.55
- Potato Portion £1.30
- Butter Portion £0.15

Extras

- Bread Roll £0.35
- Cheese and Crackers *(M)* £0.50
- Fruit (whole piece) £0.40
- Fruit Bag £0.70
- Fruit Pot £0.65
- Jelly Pouch *(M)* £0.60
- Ice Lollies £0.30

Drinks

- Available all day:
- Rodnor Fizz 330ml £0.60
 - Rodnor Fruzella Pure 125ml £0.30
 - Rodnor Fruits 125ml £0.30
 - Rodnor Hydrate 250ml £0.50
 - Rodnor Fruits Tetra 200ml £0.50
 - Rodnor Welsh Water 500ml £0.40
 - Viva Milkshake 200ml £0.55
 - Pint of Milk £0.60
 - Tea £1.00
 - Coffee £1.00
 - Hot Chocolate £1.00

Did you Know?

We are committed to making all our food healthier and more nutritious - our menu's are carefully put together by a qualified Public Health Nutritionist. We do not fry any of our food. We do not use any meat products containing MRM. We endeavour to provide a high quality, low cost service and listen to our customers opinions, suggestions and feedback.

For more information, please contact the School Catering Department at: myschoolnunch@merthyr.gov.uk or call 01685 725134

(M) suitable for vegetarians. It may be necessary to change items without prior notice. Please let us know if you have any special dietary needs. Fresh seasonal vegetables will be provided wherever possible. Non students will be charged VAT.