Vale Catering Services www.valeofglamorgan.gov.uk



Primary Tomato Free Menu 2018

Week commencing 16,4,18, 14,5,18, 18,6,18, 16,7,18, 24,9,18, 22,10,18

	Week commencing 16.4.18, 14.5.18, 18.6.18, 16.7.18, 24.9.18, 22.10.18			
Week 1 Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Potato Pasty served with & Potato Smiles, Peas & Seasonal Salad	Reduced Fat Sausages in Gravy served with Mashed Potato & Seasonal Vegetables	Sliced Ham served with Herby Diced Potatoes, Sweetcorn or Seasonal Salad	Roast Pork served with Boiled & Roast Potatoes, Seasonal Vegetables & Gravy	Salmon Crunchies & Birds Eye Fish fingers served with Chipped Potatoes, Peas & Seasonal Salad
Fresh Fruit or Soft Cheese & Crackers	Fresh Fruit or Yoghurt & Fruit Slices	Fresh Fruit or Homemade Chocolate Crunch & Chocolate Sauce	Fresh Fruit or Ice Cream & Fruit Slices	Fresh Fruit or Homemade Rice Pudding
Week commencing 23.4.18, 21.5.18, 25.6.18, 3.9.18, 1.10.18 Week 2				
Pork Meatballs in Rich Gravy served with Pasta & Peas Fresh Fruit or Chocolate Crispy Cake & Fruit Slices	Chicken Breast served with Savoury Rice, Carrots & Green Beans.	Homemade Cheese Wheel with Herby Diced Potatoes & Peas Fresh Fruit or Homemade Steamed Syrup	Roast Topside of Beef in a Rich Gravy Sauce served with Boiled & Roast Potatoes & Seasonal Vegetables	Harry Ramsden's Battered Fish served with Mashed Potato, Peas & Seasonal Salad
Sake a Fran Shees	Fresh Fruit or Homemade Muffin & Custard Sauce & Fruit Slices	Sponge with Custard	Fresh Fruit or Ice Cream & Fruit Slices	Fresh Fruit or Homemade Flap Jack & Fruit Slices
Week commencing 30.4.18, 4.6.18, 2.7.18, 10.9.18, 8.10.18 Week 3				
Cheese & Potato Pasty served with & Potato Smiles, Peas & Seasonal Salad	All Day Breakfast including, Sausages, Bacon, Egg & Herby Diced Potatoes	Birds Eye Fish Fingers served with Potato Smiles, Peas or Sweetcorn	Roast Turkey in a Rich Gravy Sauce served with Boiled & Roast Potatoes & Seasonal Vegetables	Baked Salmon Crunchies & Birds Eye Fish Fingers served with Chipped Potatoes or Potato Smiles &
Fresh Fruit or American Pancake & Golden Syrup with	Fruit Medley	Fresh Fruit or Homemade Shortbread Fingers	Fresh Fruit or Ice Cream & Fruit Slices	Peas or Sweetcorn Fresh Fruit or Homemade Chocolate Cake
Week 4 Week commencing7.5.18, 11.6.18, 9.7.18, 17.9.18, 15.10.18				
Pork Meatballs in Rich Gravy served with Pasta & Peas	Roast Gammon Served with Mashed Potato, Peas & Carrots	Sliced Ham served with Herby Diced Potatoes & Seasonal Salad	Roast Topside of Beef in a Rich Gravy Sauce served with Boiled & Roast Potatoes & Seasonal	Harry Ramsden's Battered Fish served with Herby Diced Potatoes & Peas or Green Beans
Fresh Fruit or Homemade Ginger Cake with Vanilla Sauce	Fresh Fruit or Homemade Flapjack with Fruit Slices	Fresh Fruit or Homemade Jam Roly Poly with Custard	Vegetables Fresh Fruit or Ice Cream & Fruit Slice	Fresh Fruit or Homemade Flap Jack & Fruit Slices with Honey

- No baked beans in tomato sauce or spaghetti in tomato sauce No tomato sauce No tomatoes or tomato puree Recheck ingredient list on any ingredient used in this menu Use individual pastry slices to make the pasty