PRIMARY SCHOOL MENU

2025

RHONDDA CYNON TAF

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & Tomato Pizza, (V) Chicken & Sweetcorn Pizza, or Broccoli & Cauliflower (V) Cheese Pasta Bake	Beef & Veggie Meatballs in tomato sauce served with pasta or Cheese & Potato Bake (V)	Pork Sausage or Quorn Fillet (V)	Mild Chicken Curry served with rice or Tomato Pasta (V)	Fish Goujons, Bubble Salmon Fillet or Veggie Burger (V) in a whole meal bun
Served with Garlic and Herb Wedges Carrot sticks and sliced Cucumber	Served with Green beans and Mixed Vegetables	Served with Gravy and Mashed Potato Swede or carrots and Broccoli	Served with Sweetcorn and Garden Peas	Served with Chips Coleslaw and Baked Beans
Fresh Fruit & Frozen Yoghurt	Apple Sponge & Custard	Cocoa Cookie & Fresh Fruit Slices	Banana Flapjack	Fruit Sundae

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rainbow Veggie Pizza, (V) Chicken & Sweetcorn Pizza or Mac n' Cheese (V)	Beefburger in a wholemeal Bun or Fishless Fingers (V)	Roast Chicken or Glamorgan Sausage (V)	Tuna Pasta or Tomato Pasta (V) or Veggie Curry (V) served with rice	Breaded Fish Fillet or Quorn Dippers (V)
Served with Herby Diced Potatoes Carrot sticks and Sliced Cucumber	Served with Plain Wedges Coleslaw and Garden Peas	Served with Gravy and Mashed Potato Swede or carrots and Broccoli	Served with Sweetcorn and Garden Peas	Served with Chips Baked Beans and Sweetcorn
Fresh Fruit & Frozen Yoghurt	Rice Crispy Cake & Fresh Fruit Slices	Carrot Cake & Fresh Fruit Slices	Cocoa & Orange Sponge Cake with Custard	Waffle Finger Served with Fruit & Ice Cream

Available daily!

If you have any allergies, intolerances or special dietary requirements please contact catering here

Wholegrain | Dietitian's Choice | Welsh Produce | Sustainably Sourced Fish | Fruit Based | Vegetarian

www.rctcbc.gov.uk/schoolcatering

This menu complies with the WG 'Healthy Eating in Schools Food and Drink Standards'

Menu subject to change based on availability of ingredients