

GOOD EATS

WEEK 1 LUNCH PLAN

LLANTWIT MAJOR
SCHOOL

MONDAY

Pasta Bake served with
Seasonal Salad & Garlic Bread

*

Selection of fresh Grab & Go
options available at service
counter

TUESDAY

Chicken Burger in a Bun Served
with Chipped Potatoes & Baked
Beans or Peas

*

Quorn Burger in a Bun Served
with Chipped Potatoes & Baked
Beans or Peas

*

*Selection of fresh Grab & Go
options available at service
counter

WEDNESDAY

Meatballs in Gravy Served with
Pasta & Fresh Vegetables

*

Vegetarian Meatballs in Gravy
Served with
Pasta & Fresh Vegetables

*

Selection of fresh Grab & Go
options available at service
counter

THURSDAY

Sausage in a Rich Gravy Sauce
served with Mash Potato &
Seasonal Vegetables

*

Glamorgan Sausage in a Rich
Gravy Sauce served with Mash
Potato & Seasonal
Vegetables

*

Selection of fresh Grab & Go
options available at service
counter

FRIDAY

Homemade Curry of the Day
served with Chips or rice & Naan
Bread

*

Selection of fresh Grab & Go
options available at service
counter

GOOD EATS

WEEK 2
LUNCH PLAN

LLANTWIT MAJOR
SCHOOL

MONDAY

Pasta Bolognese served with
Seasonal Salad & Garlic Bread

*

Selection of fresh Grab & Go
options available at service
counter

TUESDAY

Sausages Served with Chipped
Potatoes & Baked Beans or
Peas

*

Vegetarian Sausages Served
with Chipped Potatoes & Baked
Beans or Peas

*

Oven Baked Fish Fillet with
Chipped Potatoes & Baked
Beans or Peas

*

*Selection of fresh Grab & Go
options available at service
counter

WEDNESDAY

Meatballs in Gravy Served with
Pasta & Fresh Vegetables

*

Vegetarian Meatballs in Gravy
Served with
Pasta & Fresh Vegetables

*

Selection of fresh Grab & Go
options available at service
counter

THURSDAY

Homemade Cottage Pie Served
with Fresh Seasonal
Vegetables

*

Homemade Vegetarian
Cottage Pie Served with Fresh
Seasonal Vegetables

*

Selection of fresh Grab & Go
options available at service
counter

FRIDAY

Homemade Curry of the Day
served with Chips or rice & Naan
Bread

*

Selection of fresh Grab & Go
options available at service
counter

GOOD EATS

**WEEK 3
LUNCH PLAN**

LLANTWIT MAJOR
SCHOOL

MONDAY

**BBQ Chicken Fillet Served with
Mash Potato & Seasonal
Vegetables**

*

**Quorn Fillet Served with Mash
Potato & Seasonal Vegetables**

*

**Selection of fresh Grab & Go
options available at service
counter**

TUESDAY

Sweet Chilli Beef Noodles

*

Sweet Chilli Vegetable Noodles

*

***Selection of fresh Grab & Go
options available at service
counter**

WEDNESDAY

**Meatballs in Gravy Served with
Pasta & Fresh Vegetables**

*

**Vegetarian Meatballs in Gravy
Served with
Pasta Fresh Vegetables**

*

**Selection of fresh Grab Go
options available at service
counter**

THURSDAY

**Breaded Chicken Goujons
Served with Chipped Potatoes
Peas or Baked Beans**

*

**Quorn Goujons Served with
Chipped Potatoes
Peas or Baked Beans**

*

**Selection of fresh Grab & Go
options available at service
counter**

FRIDAY

**Homemade Curry of the Day
served with Chips or rice & Naan
Bread**

*

**Selection of fresh Grab & Go
options available at service
counter**

GOOD EATS

**WEEK 4
LUNCH PLAN**

LLANTWIT MAJOR
SCHOOL

MONDAY

**Beef Burger in a Bun Served
with Chipped Potatoes
Peas or Baked Beans**

*

**Quorn Burger in a Bun Served
with Chipped Potatoes
Peas or Baked Beans**

*

**Selection of fresh Grab & Go
options available at service
counter**

TUESDAY

**Pasta Bake served with
Seasonal Salad & Garlic Bread**

*

***Selection of fresh Grab & Go
options available at service
counter**

WEDNESDAY

**Meatballs in Gravy Served with
Pasta & Fresh Vegetables**

*

**Vegetarian Meatballs in Gravy
Served with
Pasta & Fresh Vegetables**

*

**Selection of fresh Grab & Go
options available at service
counter**

THURSDAY

**Homemade Chicken Pie Served
with Gravy, Mash Potato &
Seasonal Vegetables**

*

**Homemade Vegetable Pie
Served with Gravy, Mash
Potato & Seasonal Vegetables**

*

**Selection of fresh Grab & Go
options available at service
counter**

FRIDAY

**Homemade Curry of the Day
served with Chips or rice & Naan
Bread**

*

**Selection of fresh Grab & Go
options available at service
counter**