



# Fairholme Preparatory School

Menu September 2022 – October 2022



APPROVED



This menu has been nutritionally analysed in line with Welsh Government Guidance to meet pupils needs for protein, carbohydrates, fat, sugar and salt.



Suitable for Vegetarians



Suitable for Vegans



Arlwyo a Glanhau  
**NEWYDD**  
Catering & Cleaning

## MONDAY

### Breaded Fish Stars

Served with oven baked diced potatoes & baked beans

### Oven Baked Nuggets

Vegetarian nuggets served with oven baked diced potatoes & baked beans

Lemon Muffin or Fresh Fruit

## TUESDAY

### Meatballs & Pasta

Beef meatballs in a tomato sauce & garlic bread

### Veggie Meatballs & Pasta

Vegetarian meatballs in a tomato sauce & garlic bread.

Raspberry Sponge & Custard or Fresh Fruit

## WEDNESDAY

### Roast Chicken Dinner of the Day

Served with potatoes & two seasonal veg.

### Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Cooks Fruit Cake or Fresh Fruit

## THURSDAY

### Chicken Curry & Naan Bread

Served with vegetable rice.

### Sweet Potato & Vegetable Curry

Served rice and naan bread.

Fresh Fruit or Yoghurt

## FRIDAY

### Gluten Free Beef Burger in a Bun

Served with chips & veg sticks.

### Salmon Tortellini

Pasta stuffed with salmon served in a tomato sauce & Garlic Bread Slice

Chocolate Muffin or Fresh Fruit

## MONDAY

### Oven Baked Sausage

Served with mashed potatoes & baked beans.

### Oven Baked Fish Fillet

Served with mashed potatoes & baked beans.

Raspberry Crumble & Cream or Fresh Fruit

## TUESDAY

### Sweet & Sour Chicken

Chicken strips served in a sweet and tangy sauce served with rice.

### Chilli Non Carne

Vegetarian mince Chilli served with Vegetable Rice

Chocolate Sponge & Chocolate Custard or Fresh Fruit

## WEDNESDAY

### Roast Turkey Dinner

Served with potatoes & two seasonal veg.

### Veggie Roast Dinner

Served with potatoes & two seasonal veg.

Fruit Flapjack or Fresh Fruit

## THURSDAY

### Chicken and Tomato Pasta

Strips of chicken served with pasta in a tomato and vegetable sauce and Garlic Bread Slice

### Mexican Burrito

Lightly Spiced veggie mince wrap with Salad

Fresh Fruit or Yoghurt

## FRIDAY

### Oven Baked Chicken Nuggets

Served with chips & veg sticks.

### Big Burger in a Bun

Vegan burger served with chips & veg sticks.

Baked Biscuit or Fresh Fruit

## MONDAY

### Chicken Burger in a Bun

Served with skin on potato wedges & garden peas

### Jumbo Fish Finger

Jumbo Fish Finger served with potato wedges & garden peas.

Blueberry Muffin or Fresh Fruit

## TUESDAY

### Beef Bolognaise

Minced beef bolognaise served with pasta and garlic bread slice.

### Pasta Bolognaise

Vegetarian mince in tomato & vegetable sauce & garlic bread.

Lemon Sponge & Custard or Fresh Fruit

## WEDNESDAY

### Roast Chicken Dinner of the Day

Served with potatoes & two seasonal veg.

### Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Shortbread Biscuit or Fresh Fruit

## THURSDAY

### Chicken Hot Dog

Jumbo Chicken Hot Dog served with potato wedges, peas and sweetcorn

### Breakfast Wrap

Vegetarian sausage, hash brown, free Range omelet & baked beans.

Yoghurt or Fresh Fruit

## FRIDAY

### Ham & Cheese Calzone Pocket

served with chips & veg sticks.

### Cheese & Tomato Calzone Pocket

Served with chips & veg sticks.

Chocolate Brownie or Fresh Fruit

## Sandwiches

Choose from the following fillings:

Ham

Cheese

Tuna Mayo

Served with daily pudding, drink, fresh fruit and salad options where available.

## Freshly Cooked Jacket Potatoes

Choose from the following toppings:

Baked Beans Cheese

Tuna Mayo Cheese & Beans

Served with daily pudding and drink with fresh fruit and salad options where available.

## Pasta Pots

Choose from the following toppings:

Ham

Cheese

Tuna Mayo

Served with daily pudding, drink, fresh fruit and salad options where available.

## Daily Salad Selection

The salad bar will once again be available to provide a daily choice of fresh salad to all students.



\*\*\*Please note that the menu could be subject to change due to nationwide supply issues.\*\*\*

DAILY  
OPTIONS