

Trefonen & Selattyn

WEEK ONE MENU



	Main Offer	Vegetarian	Starchy Side	Veggie Sides	Desserts
MONDAY	Pasta Neapolitan	Quorn Bolognaise (DF)	Garlic Bread (DF)	Sweetcorn	Vanilla Muffin
TUESDAY	Cottage Pie (DF)	Cheese & Potato Pie	Mash Potato Topper	Peas	Choc Chip Cookie (DF)
WEDNESDAY	Gammon With Gravy (DF)	Quorn Fillet With Gravy (DF)	Yorkshire Pudding Roast Potatoes	Carrots Broccoli	Ice Cream
THURSDAY	All Day Breakfast Sausage & Scrambled Egg No egg (DF)	All Day Breakfast Vegi Sausage & Scrambled Egg	Hash Browns	Baked Beans	Cake Selection (DF) With Custard
FRIDAY	Salmon Fishcake (DF)	Cheese & Tomato Pizza	Chips	Baked Beans	Mini Doughnuts

Food Allergies & Intolerance If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks.



SEASONAL KITCHEN

Week Starting Dates 16/1/23 6/2/23 6/3/23 27/3/23

Trefonen & Selattyn

WEEK TWO MENU



	Main Offer	Vegetarian	Starchy Side	Veggie Sides	Desserts
MONDAY	Cheese & Onion Roll	Vegetable Frittata (DF)	Sauté Potatoes	Peas	Fruit Flapjack (DF)
TUESDAY	Bolognese (DF)	Vegetable Pasta Bake	Garlic Bread (DF)	Sweet corn	Vanilla Sponge & Custard (DF)
WEDNESDAY	Roast Chicken With Gravy (DF)	Quorn Fillet With Gravy	Yorkshire Pudding Roast Potatoes	Carrots Green beans	Mini Doughnuts
THURSDAY	Sausage With Gravy (DF)	Quorn sausage With Gravy	Mash	Broccoli	Vanilla Shortcake (DF)
FRIDAY	Salmon Fishcake (DF)	Cheese & Tomato Pizza	Chips	Baked Beans	Cornflake Cake (DF)

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SEASONAL KITCHEN

Week Starting Dates 2/1/23 23/1/23 13/02/23 13/03/23

Trefonen & Selattyn

WEEK THREE MENU



	Main Offer	Vegetarian	Starchy Side	Veggie Sides	Desserts	Available Everyday
MONDAY	Macaroni Cheese	Tomato & Vegetable Pasta (DF)	Garlic Bread	Sweetcorn	Chocolate Muffin	
TUESDAY	Minced Beef & Onion Hotpot (DF)	Lentil & Onion Hotpot	Sliced Potatoes	Peas	Jam Bun (DF)	
WEDNESDAY	Roast Beef With Gravy (DF)	Quorn Fillet With Gravy	Yorkshire Pudding Roast Potatoes	Carrots Broccoli	Ice Cream	
THURSDAY	<h1>THEME DAY</h1> <h2>LOOK OUT FOR THIS WEEKS THEME MENU</h2>					
FRIDAY	Salmon Fishcake (DF)	Cheese & Tomato Pizza	Chips	Baked Beans	Rice crispy Cake (DF)	

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SEASONAL KITCHEN

Week Starting Dates 9/1/23 30/1/23 27/02/23 20/3/23