


Menu Available
04/11 - 25/11
16/12 - 20/01
10/02

Tewin Cowper CofE Primary - Week One

Menu Starts Monday 4th November	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Tewin Cowper Pizza Bar	NEW Braised Sausages	NEW Roast Beef in Yorkshire Pudding	NEW Fillet of Chicken Burger	Breaded Cod Fish Fingers
Veggie Main	Pepperoni Pizza or Margherita Pizza (V)	NEW Glamorgan Sausages (V)	NEW Roasted Quorn Fillet (V)	NEW Quorn Burger (V)	Veggie Nuggets (V)
Vegetables	Sweetcorn	Mash, Onion Gravy & Sliced Carrots	Roast Potatoes Peas Carrots Gravy (V)	Herby Diced Potatoes Coleslaw	Chipped Potatoes Baked Beans
Lighter Bites	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings
Desserts	Strawberry Delight	Melting Moment Cookie	Chocolate Sponge & Custard	Jelly & Fruit	Ice Cream

Fresh Bread, Cheese, Yoghurts, Fresh Fruit & Mixed Salad Available Daily.



Here at Tewin Cowper Primary, where possible, our menu items are sustainably sourced. Menu items marked  are homemade from scratch with the freshest of ingredients.



Coming Soon
Check our school web site for exciting theme days & special menus.



Speak to Kelly
our **AMAZING** chef about our fantastic **NEW** menu.

Dietary & Allergies

Please speak to a member of the catering staff if you have any special dietary or allergy requirements


Menu Available
11/11 - 02/12
06/01 - 27/01

Tewin Cowper CofE Primary - Week Two

Menu Starts Monday 11th November	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	NEW Chicken Pie 	NEW Beef Bolognese 	NEW Roast Pork	NEW Jumbo Chicken Nuggets	Battered Fish Fillet
Veggie Main	Roasted Vegetable Pie (V) 	NEW Veggie Bolognese (V) 	NEW Veggie Crumble (V) 	Jumbo Quorn Goujons (V)	Pizza Wrap (V)
Vegetables	Garden Peas Mashed Potato	Spaghetti Green Beans Garlic Bread	Roast Potatoes Shredded Green Cabbage Gravy (V)	Diced Baby Potatoes Sweetcorn	Baked Beans Peas Skinny Fries
Lighter Bites	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings
Desserts	Vanilla Cookies 	Chocolate Chip Muffins 	Apple Crumble & Custard 	Fruit Yoghurt	Mini Doughnuts

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Menu Available
18/11 - 09/02
13/01 - 03/02

Tewin Cowper CofE Primary - Week Three

Menu Starts Monday 18th November	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	NEW Pork Meatballs	Homemade Beef Lasagne 	Roast Chicken	NEW Hot Dog in a Warm Roll	Fish Fingers Or Plant-Based Fingers (V)
Veggie Main	Mac & Cheese (V) 	Cheese & Onion Quiche (V) 	Lemon & Herb Baked Quorn Fillet (V)	NEW Veggie Hot Dog (V)	
Vegetables	Basmati Rice Mixed Vegetables	Garlic Bread Mixed Salad	Roast Potatoes Carrots Peas Gravy (V)	Herby Diced Potato Sweetcorn Ketchup	Baked Beans Garden Peas Skinny Fries
Lighter Bites	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings
Desserts	Shortbread 	Chocolate Brickwall 	Jam Sponge & Custard 	Watermelon Wedge	Ice cream

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