



the **BIG**
FRESH
Catering
company

Week 1



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Monday

Pork Meatballs in a Rich Tomato or Gravy Sauce.
Vegan Meatballs in a Rich Tomato or Gravy Sauce
Served with Pasta or Mash, Broccoli, Seasonal Vegetables

Tuesday

Beef or Vegetarian Chilli Loaded Wedges Served with Seasonal Vegetables & Sliced
Garlic Bread

Wednesday

Chef's Chicken or Vegetarian Curry of the Day served served with multigrain Rice, Spicy
Bombay Potatoes & Naan Bread

Thursday

Carvery Roast of the Day or Quorn Fillet served with New & Roast Potatoes, Carrots,
Cauliflower, Broccoli & Gravy

Friday

Harry Ramsden's Fish Fillet, Fishless Fingers or Chicken Goujons served with Chips,
Baked Beans or Mushy Peas

Topped Chips with Curry Sauce, Baked Beans or Cheese.

Selection of Grab and Go
Items available breaktime and Lunchtime

Sandwiches, Filled Sub Rolls, Paninis, Pazzini, Loaded Jacket Potatoes, Pizza Slices,
Freshly made Salads & Pasta pots.

Fresh Fruit Bowl, Mixed Fruit Pots & Jelly, Fresh Selection of Homemade Cakes

Wythnos 1

Dydd Llun

**Peli Cig Porc mewn Saws Tomato neu Grefi neu
Beli Cig Figan mewn Saws Tomato neu Grefi
wedi'u gweini gyda Brocoli a Llysiau Tymhorol**

Dydd Mawrth

**Talpiau Tatws wedi'u Llwytho â Tsili Cig Eidion neu Lysieuol
wedi'u gweini gyda Llysiau Tymhorol a Thafelli Bara Garlleg**

Dydd Mercher

**Cyw Iâr y Cogydd neu Gyri Llysieuol y Dydd wedi'i weini gyda
Reis Grawn Cymysg
Tatws Bombay Sbeislyd a Bara Naan**

Dydd Iau

**Cinio Rost y dydd neu Ffiled Quorn, wedi'i weini gyda Thatws
Newydd a Rhost, Moron, Blodfresych, Brocoli a Grefi**

Dydd Gwener

**Ffiled Pysgod Harry Ramsden, Bysedd Di-bysgod neu Goujons
Cyw Iâr wedi'u gweini gyda Sglodion, Ffa Pob neu Bys Potsh
neu**

**Sglodion gyda Saws Cyri, Ffa Pob neu Gaws ar eu pennau
Dewis o eitemau Grab & Go
ar gael amser egwyl ac amser cinio**

**Brechdanau, Rholiau wedi'u llenwi, Paninis, Pazzini, Tatws
Trwy'u Crwyn wedi'u Llwytho, Tafelli Pitsa, Salad a Photiau
Powlen Ffrwythau Ffres, Potiau Ffrwythau Cymysg a Jeli,
Detholiad o Gacennau Cartref Ffres**