



the **BIG**  
**FRESH**  
Catering  
company

## Week 3



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### Monday

Beef or Vegetarian Bolognese served with Pasta, Selection of Seasonal Vegetables & Sliced Garlic Bread

### Tuesday

Pork or Glamorgan Sausage served with Cheesy Mash & Baked Beans

### Wednesday

Chef's Chicken or Vegetarian Curry of the day 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, Quorn 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 & Go  
Items available breaktime & lunchti

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 3

### Dydd Llun

**Bolognese Cig Eidion neu Lysieuol wedi'i weini gyda Phasta,  
Llysiau Tymhorol a Thafelli Bara Garleg**

### Dydd Mawrth

**Selsig Porc neu Selsig Morgannwg wedi'u gweini gyda Stwnsh  
Cawslyd a Ffa Pob**

### Dydd Mercher

**Cyri Cyw Iâr neu Lysieuol 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 Thatws 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  
Sglodion gyda Saws Cyri, Ffa Pob neu Gaws ar eu pennau**

**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**