



RHONDDA CYNON TAF

CATERING • GWEINI

for a healthier lifestyle bywyd mwy iach

Healthy Choices • Dewisiadau Iach

What's cooking at Mountain Ash?

	Dish of Day 1 £2.00 without dessert £2.20 with dessert	Dish of Day 2 £2.00 without dessert £2.20 with dessert	Vegetarian £2.00 without dessert £2.20 with dessert	Jacket Potato meal deal £1.60	Baquette Meal Deal £1.75	£1.00 Special	Dessert £0.85 hot dessert £0.55 cold dessert	£1.10 Sandwich deal
Monday	Spaghetti bolognaise Salad or sweetcorn	Lemon Sole Creamed potatoes/Jacket potato Peas or beans	Lemon Sole Creamed Potatoes or Jacket Potato Baked beans or Peas	Served with various fillings	Served with various fillings	See board for offers	Fruit salad	Daily Choices: Cheese & onion or Ham or Tuna mayo or Turkey or Egg mayo
Tuesday	Oven baked sausage Onion gravy Creamed potatoes Carrots or broccoli	Chicken korma Rice/ jacket potato Tomato and onion salsa or salad	Vegetarian Sausage Creamed potatoes Carrots or Broccoli Gravy	Served with various fillings	Served with various fillings	See board for offers	Banana muffin	
Wednesday	Roast beef Yorkshire pudding Boiled potatoes Mixed vegetables or cabbage	Lasagne Garlic bread slice Carrot batters or salad	Vegetable Fingers Yorkshire Pudding Boiled potatoes or Roast Potatoes Mixed vegetables or Cabbage	Served with various fillings	Served with various fillings	See board for offers	Fruit jelly	
Thursday	Corned beef pie Baked beans or sliced green beans Gravy	Chicken tomato and basil pasta Roasted vegetables or salad	Quorn, Tomato & Basil Pasta Roasted Vegetables or Salad	Served with various fillings	Served with various fillings	See board for offers	Fruity rice pudding	
Friday	Chicken tikka Rice or chips Peas or salad	Salmon goujons Chips or jacket potato Beans or peas	Salmon goujons Chips or jacket potato Beans or peas	Served with various fillings	Served with various fillings	See board for offers	Jam sponge and custard	

Week
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Monday	Cheese & potato pie Bacon beans	Meatballs in tomato sauce Pasta Salad or carrot batons	Quorn Sausage Cheese & Potato Pie Baked Beans or salad	Served with various fillings	Served with various fillings	See board for offers	Chocolate orange sponge	Daily Choices: Cheese & onion or Ham or Tuna mayo or Turkey or Egg mayo
Tuesday	Chilli Con Carne or curry. Rice or Jacket potato Peas or salad	Lamb & mint grill Creamed potatoes Broccoli or peas or beans/gravy	Vegetarian Burger Creamed Potatoes Broccoli, Peas or Baked Beans Gravy	Served with various fillings	Served with various fillings	See board for offers	Toffee apple sponge and custard	
Wednesday	Chicken breast Stuffing, Yorkshire pudding roasted vegetables or green beans Gravy	Spaghetti Bolognese Salad or sweet corn	Quorn Spaghetti Bolognese Salad or Sweet corn	Served with various fillings	Served with various fillings	See board for offers	Fruit salad	
Thursday	Bacon, scrambled egg Toast or waffles Baked beans or tinned tomatoes	Mediterranean Pasta Bake Salad or peas & sweet corn mix	Mediterranean pasta bake Salad or pea and sweet corn mix	Served with various fillings	Served with various fillings	See board for offers	Chocolate and raisin oat cookie	
Friday	Cod and salmon fishcake Chips or creamed potato Baked beans or broccoli	Chicken korma Rice or chips Salad or tomato and onion salsa	Cod and salmon fishcake Chips or creamed potatoes Baked beans or broccoli	Served with various fillings	Served with various fillings	See board for offers	Banana and custard	

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