

REFUEL FOOD COURT

Three week rotational menu for the Argoed Food Hall.
All prices are available on the Flintshire County Council website -
<http://www.flintshire.gov.uk/en/Resident/Schools/Secondary-Schools-Catering-Service.aspx>

Week 1

Monday	Beef Lasagne - Veg Korma & Rice
Tuesday	Cottage Pie & Veg - Macaroni Cheese & Garlic Bread
Wednesday	Big Breakfast - Vegetable Quiche, Side Salad & Coleslaw
Thursday	Roast Dinner - Vegetable Ciabatta Pizza & Coleslaw
Friday	Fish & Chips - Cheese & Tomato Puff with Salad & Coleslaw

Week 2

Monday	Spaghetti Bolognese & Garlic Bread - Vegetable Calzone Pizza & Side Salad
Tuesday	Sweet & Sour Chicken & Rice - Vegetable Moussaka & Garlic Bread
Wednesday	Chicken Pie, Mashed Potatoes & Vegetables - Tomato & Basil Pasta & Garlic Bread
Thursday	Roast Dinner - Vegetable Jambalaya
Friday	Fish & Chips - Spinach Lasagne & Side Salad

Week 3

Monday	Beef Pie, Mashed Potatoes & Vegetables - Cauliflower & Broccoli Bake
Tuesday	Buffalo Chicken & Wedges - Vegetable Chilli Noodles
Wednesday	Crispy Topped Cumberland Pie & Vegetables - Creamy Mushroom & Garlic Pasta Bake
Thursday	Beef Stew & Dumplings - Cheesy Tortilla Stack
Friday	Fish & Chips - Quorn Chilli & Rice

Week 4

Monday	Beef Enchiladas & Coleslaw - Vegetable Curry & Rice
Tuesday	Hunters Chicken & Wedges - Mushroom Stroganoff & Rice
Wednesday	Sausage Mash & Beans - Quorn Cottage Pie & Vegetables
Thursday	Sweet Chilli & Chicken Stir Fry - Leek & Potato Bake
Friday	Fish & Chips - Three Cheese, Tuna & Pasta Bake & Garlic Bread

Deli

Panini
Hot Wraps
Garlic & Cheese Ciabatta
Hot Filled Baguettes
Theo's Chicken and Pulled Pork Wraps
Ham & Cheese Ciabatta
Selection of Toasties
Friday Special
Choice of Burger, Pizza, Sausage or Fish with Chips

Main Deal	£2.25
Meat Meal	£1.85
Veggie Meal	£1.60
Pasta King	£1.95
Chicken Burger	£1.75
Cakes/Cookies	47p / 64p
Sandwiches	From £1.03

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Information on Flintshire School Meals can now be found on:-

Facebook – Flintshire School Meals

Twitter - @fcc.schoolmeals

You can find further details of menus and special meal days