



Blaenau Gwent Catering - At the Heart of a Healthy Lifestyle

Mid-Morning Break

- Toast (v) £0.43
- Beans on Toast (v) £1.55
- Bacon Roll £1.78
- Half Bagel (v) £0.46
- Crumpet (v) £0.46
- Half Toasted Teacake (v) £0.41
- Croissants £0.88
- Rasher of Bacon £0.98
- Piece of Fruit £0.76

Hot Snacks

Tasty hot snacks for food on the go:

- Pizza Slice (v) £2.27
- Hot Panini's £2.27
- Cheeseburger £2.27
- Vegan Quorn Nuggets (v) £2.27

Pasta Pots

Freshly cooked pasta topped with your favourite sauce:

- Plain Pasta Pots £1.56
- Pasta with Sauce (v) £2.41
- Pasta with Meat Sauce £2.62
- Garlic Bread (per slice) (v) £0.29

**Main Meal
Only
£2.91**

**Dessert of
the day
£0.99**

**Meal of the Day
with Dessert £3.90**

(v) Suitable for Vegetarians

It may be necessary to change items without prior notice. Please let us know if you have any special medical dietary needs. Fresh seasonal vegetables will be provided wherever possible.

Non Students will be charged VAT.

Noodle Pots

- Vegetable Noodle Pots (v) £2.38
- Chicken Noodle Pots £2.97

Deli Bar

Available Daily - a selection of freshly prepared:

- Sandwiches £1.91
- Wraps £2.06
- Small Roll or Baguette £1.85
- Baguettes £2.27
- Pasta / Salad Boxes £2.41

Talgarth Sandwiches, Wraps, Rolls and Baguettes

- Talgarth Bakery Sandwich £2.62
- Talgarth Bakery Wrap £2.52
- Talgarth Bakery Bag £2.34
- Talgarth Bakery Baguette £2.90

Desserts

Daily selection of freshly baked sweet treats:

- Biscuit (one size) £0.46
- Welsh Cakes £0.55
- Flapjack £0.76
- Cheesecake (Angel Whirl) £0.94
- Cake / Muffin £0.90

Jacket Potato

Hot fluffy potato topped with your choice of hot & cold fillings plus a side salad garnish:

- Plain Jacket Potato £1.56
- Jacket Potato (1 filling) £2.56
- Jacket Potato (2 fillings) £3.54

Sides

- Condiment Sachet £0.18
- Jam Portion £0.18
- Grated Cheese Pot £0.98
- Baked Beans £0.68
- Curry Sauce £0.98
- Potato Portion £1.99
- Butter Portion £0.25

Extras

- Bread Roll £0.71
- Cheese & Crackers £0.90
- Fruit (Whole piece) £0.76
- Fruit Pot £1.07
- Fruit Yoghurt £0.68
- Fruit Slush £1.14
- Jelly Pouch £0.90

Drinks

Available all day:

- Still Mineral Water (500ml) £0.90
- iPro Student (300ml) £1.50
- Radnor Fizz (330ml) £0.90
- Radnor Fruits (200ml) £0.71
- Viva Milkshake £0.84
- Pint of Milk £0.92
- Tea £0.56
- Coffee £0.92
- Hot Chocolate £1.07

Did you know?

- We are committed to making all our food healthier and more nutritious - our menu's are carefully put together by a qualified Public Health Nutritionist (Food in Schools Co-ordinator).
- Apart from chips we do not fry any of our food.
- We do not use any meat products containing MRM.
- We only use approved suppliers.
- We endeavour to provide a high quality, low cost service and listen to our customers opinions, suggestions and feedback.

For more information please contact
Blaenau Gwent Catering Department
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