

Featured on the menu

You will note the following symbols are displayed on our new menu. Below is an explanation of what each means.

Dietitian's Choice



The Dietitians Choice is RCT Catering's healthy eating initiative, which aims to highlight dishes on the menu to help pupils make more nutritious choices. Please help to encourage uptake of these choices.

Wholegrain



We have added more wholegrain options to our menu to boost fibre intake and promote healthier choices. This includes pasta, bread and rice.

Sustainably Sourced Fish



Sustainably sourced fish, certified by the Marine Stewardship Council (Msc), ensuring it comes from sustainable, well-managed fisheries that protect ocean health.

Vegan



There is a **separate vegan menu available**. These pupils do not need to complete a medical diet form.

Fruit Based



All desserts will now include or be accompanied with 40g fruit. This counts as one portion.

Welsh Produce



We are proud to be using more locally sourced Welsh produce in our dishes.

Vegetarian



Vegetarian options are available daily on the menu. We have worked to create some new and improved vegetarian dishes for this menu.