

# Primary School Menu

October 2022 – April 2023



This menu has been nutritionally analysed in line with Welsh Government Guidance to meet pupils needs for protein, carbohydrates, fat, sugar and salt.

Allergens & Intolerances  
Many of our dishes are available to accommodate special dietary requirements please contact our Cook to discuss these options



Arlwyo a Glanhau  
**NEW**YDD  
Catering & Cleaning

Suitable for Vegetarians

Suitable for Vegans

## WEEK 1

### MONDAY

#### Breaded Fish Stars

Served with oven baked diced potatoes & garden peas.

\*Or\*

#### Baked Veggie Nuggets

Served with oven baked diced potatoes & garden peas.

Orange Cookie or Fresh Fruit

### TUESDAY

#### Meatballs & Pasta

Beef meatballs in a tomato sauce & garlic bread.

\*Or\*

#### Veggie Meatballs & Pasta

Vegetarian meatballs in a tomato sauce & garlic bread.

#### Mixed Fruit Sponge & Custard

or Fresh Fruit

### WEDNESDAY

#### Roast Chicken Dinner of the Day

Served with potatoes & two seasonal veg.

\*Or\*

#### Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Lemon Oat Bar or Fresh Fruit

### THURSDAY

#### Chicken Curry & Naan Bread

Served with vegetable rice.

\*Or\*

#### Sweet Potato & Vegetable Curry

Served with vegetable rice & Naan Bread

Fresh Fruit and Yoghurt

### FRIDAY

#### Beef Burger in a Bun

Served with chips & veg sticks.

\*Or\*

#### Vegan Burger in a Bun

Vegan burger served with chips & veg sticks

Chocolate Muffin or Fresh Fruit

## WEEK 2

### MONDAY

#### Baked Sausage

Served with Spinach, Leek Mash potato & Garden Peas

\*Or\*

#### Baked Vegan Sausage

Vegan Sausage, Spinach, Leek Mashed Potato & Garden Peas

Fruit Jelly or Fresh Fruit

### TUESDAY

#### Baked Fish Fillet

Potato Wedges & baked beans

\*Or\*

#### Chilli Non Carne

Vegetarian mince chilli served with veg rice

#### Chocolate Sponge & Chocolate Custard or

Fresh Fruit

### WEDNESDAY

#### Roast Turkey Dinner of the Day

Served with potatoes & two seasonal veg.

\*Or\*

#### Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Oat Flapjack or Fresh Fruit

### THURSDAY

#### Chicken & Tomato Pasta

Chicken strips served with pasta with a tomato and vegetable sauce & garlic bread.

\*Or\*

#### Tomato & Nut Free Pesto Pasta

Creamy tomato and nut free pesto sauce with pasta and garlic bread slice.

Fresh Fruit and Yoghurt

### FRIDAY

#### Chicken Nugget

Served with chips & veg sticks.

\*Or\*

#### Salmon Fillet

Crispy Baked Salmon Fillet served with chips & Veg Sticks

Baked Biscuit or Fresh Fruit

## WEEK 3

### MONDAY

#### Welsh Beef Bolognaise

Minced beef bolognaise served with pasta & garlic bread.

\*Or\*

#### Veggie Pasta Bolognaise

Vegetarian mince & pasta in tomato & vegetable sauce with garlic bread.

Banana Muffin or Fresh Fruit

### TUESDAY

#### Ham & Cheese Calzone Pocket

Served with baked wedges & Garden Peas.

\*Or\*

#### Cheese & Tomato Calzone Pocket

Served with baked wedges & Garden Peas.

#### Lemon Sponge & Custard

or Fresh Fruit

### WEDNESDAY

#### Roast Chicken Dinner of the Day

Served with potatoes & two seasonal veg.

\*Or\*

#### Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Shortbread Biscuit or Fresh Fruit

### THURSDAY

#### Big Breakfast

Gluten Free Sausage, Hash Brown, Free Range Omelet & Baked Beans

\*Or\*

#### Veggie Big Breakfast

Vegetarian sausage, hash brown, Free Range Omelet & Baked Beans

Yoghurt or Fresh Fruit

### FRIDAY

#### Chicken Burger in a Bun

Served with chips & Veg Sticks.

\*Or\*

#### Jumbo Fish Fingers

Served with chips & Veg Sticks

Chocolate Brownie or Fresh Fruit

### Sandwiches

Choose from the following fillings:

Ham

Cheese

Tuna Mayo

Served with daily pudding, drink, fresh fruit and salad options where available.

### Freshly Cooked Jacket Potatoes

Choose from the following toppings:

Baked Beans

Cheese

Tuna Mayo

Cheese & Beans

Served with daily pudding and drink with fresh fruit and salad options where available.

\*\*\*Please note that our menus could be subject to change due to nationwide supply issues.\*\*\*

### Pasta Pots

Choose from the following toppings:

Ham

Cheese

Tuna Mayo

Served with daily pudding, drink, fresh fruit & salad options where available.

### Daily Salad Selection

As your school returns to a normal service the salad bar will once again be available to provide a daily choice of fresh salad.

