

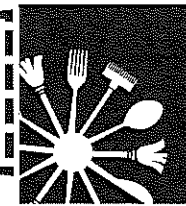
Primary School Menu

April 2022 – October 2022



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

NEWYDD

Catering & Cleaning



Suitable for Vegetarians



Suitable for Vegans

WEEK 1

MONDAY

Breaded Fish Stars
Served with oven baked diced potatoes & baked beans

Oven Baked Nuggets
Vegetarian nuggets served with oven baked diced potatoes & baked beans

Lemon Muffin or Fresh Fruit

TUESDAY

Meatballs & Pasta
Beef meatballs in a tomato sauce & garlic bread

Veggie Meatballs & Pasta
Vegetarian meatballs in a tomato sauce & garlic bread.

Raspberry Sponge & Custard or Fresh Fruit

WEDNESDAY

Roast Chicken Dinner of the Day
Served with potatoes & two seasonal veg.

Veggie Roast Dinner of the Day
Served with potatoes & two seasonal veg.

Cooks Fruit Cake or Fresh Fruit

THURSDAY

Chicken Curry & Naan Bread
Served with vegetable rice.

Sweet Potato & Vegetable Curry
Served rice and naan bread.

Fresh Fruit or Yoghurt

FRIDAY

Gluten Free Beef Burger in a Bun
Served with chips & veg sticks.

Salmon Tortellini
Pasta stuffed with salmon served in a tomato sauce & Garlic Bread Slice

Chocolate Muffin or Fresh Fruit

WEEK 2

MONDAY

Oven Baked Sausage
Served with mashed potatoes & baked beans.

Oven Baked Fish Fillet
Served with mashed potatoes & baked beans.

Raspberry Crumble & Cream or Fresh Fruit

TUESDAY

Sweet & Sour Chicken
Chicken strips served in a sweet and tangy sauce served with rice.

Chilli Non Carne
Vegetarian mince Chilli served with Vegetable Rice

Chocolate Sponge & Chocolate Custard or Fresh Fruit

WEDNESDAY

Roast Turkey Dinner of the Day
Served with potatoes & two seasonal veg.

Veggie Roast Dinner of the Day
Served with potatoes & two seasonal veg.

Fruit Flapjack or Fresh Fruit

THURSDAY

Chicken and Tomato Pasta
Strips of chicken served with pasta in a tomato and vegetable sauce and Garlic Bread Slice

Mexican Burrito
Lightly Spiced veggie mince wrap with Salad
Fresh Fruit or Yoghurt

FRIDAY

Oven Baked Chicken Nuggets
Served with chips & veg sticks.

Big Burger in a Bun
Vegan burger served with chips & veg sticks.

Baked Biscuit or Fresh Fruit

WEEK 3

MONDAY

Chicken Burger in a Bun
Served with skin on potato wedges & garden peas

Jumbo Fish Finger
Jumbo Fish Finger served with potato wedges & garden peas.

Blueberry Muffin or Fresh Fruit

TUESDAY

Beef Bolognese
Minced beef bolognese served with pasta and garlic bread slice.

Pasta Bolognese
Vegetarian mince in tomato & vegetable sauce & garlic bread.

Lemon Sponge & Custard or Fresh Fruit

WEDNESDAY

Roast Chicken Dinner of the Day
Served with potatoes & two seasonal veg.

Veggie Roast Dinner of the Day
Served with potatoes & two seasonal veg.

Shortbread Biscuit or Fresh Fruit

THURSDAY

Chicken Hot Dog
Jumbo Chicken Hot Dog served with potato wedges, peas and sweetcorn

Breakfast Wrap
Vegetarian sausage, hash brown, free Range omelet & baked beans.

Yoghurt or Fresh Fruit

FRIDAY

Ham & Cheese Calzone Pocket
served with chips & veg sticks.

Cheese & Tomato Calzone Pocket
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 and 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.



DAILY OPTIONS