




# Primary School Meals Week 1

Make your own choices of mains and sides each day

## Monday

### Mains

 Beef Lasagne

 Cheese & Onion Savoury Bake 

Fish Goujons (*non fried*)

### Sides


Garlic bread or twisted potatoes and a choice of baked beans, peas or salad bar



### Dessert

Chocolate & Pear Brownie with Ice cream

## Tuesday

### Mains

French Pizza Bread 

 Ravioli in Tomato Sauce & Focaccia 

Filled Jacket Potato

### Sides


Wholemeal savoury rice or wedges (*non-fried*) and a choice of sweetcorn, green beans or salad bar


### Dessert

Fruit Crumble & Custard

## Wednesday

### Mains

 Beef and Yorkshire Pudding


Sausage and Yorkshire Pudding 

Chicken Goujons

### Sides

Oven baked dry roast potatoes, mashed or boiled potatoes and a choice of carrots, cabbage, swede or salad bar


### Dessert

 Welsh Cake with Fruit Wedges

## Thursday

### Mains

Sweet Chilli Chicken


Margarita Pizza 

Filled Wrap

### Sides

Noodles or herb diced potatoes (*non-fried*) with a choice of BBQ beans, mixed vegetables or salad bar

### Dessert

 Yogurt

## Friday

### Mains

*Harry Ramsden's* Fish Portion

Beef or Quorn  Burger in a Bun

Filled Baguette

### Sides

Wedges (*non-fried*) or chipped potatoes and a choice of peas, corn on the cob or salad bar





### Dessert

Flapjack

## On the Day

Depending on the availability of food items, cooks may need to change menu items. Meal options may include a filled jacket potatoes, pasta & sauce, sandwiches, baguettes or wraps, with salad and vegetables followed by a dessert.


## Always Available


-  Semi Skimmed Milk | Drinking Water | Half Slices of Wholemeal Bread
-  Yoghurts |  Fresh Fruit | Tinned Fruit | Fruit with  Ice Cream



Our Welsh Suppliers



 Welsh Produce

 Vegetarian Option





# Primary School Meals Week 2

Make your own choices of mains and sides each day

## Monday

### Mains

 Hot Dog Onions & Ketchup

Tomato Pasta Bake with Garlic Bread 

Fish Goujons (*non fried*)

### Sides


Wedges (*non-fried*) or mashed potatoes and a choice of peas, coleslaw or salad bar



### Dessert



Strawberry Flapjack

## Tuesday

### Mains

 Curry or BBQ Chicken

 Cauliflower Cheese 

 Welsh Cheese Toasted Panini 

### Sides


Rice, noodles or herb diced potatoes (*non-fried*) and a choice of corn on the cob, mixed vegetables or salad bar


### Dessert


Ice cream Sponge Roll

## Wednesday

### Mains

 Roast Turkey with Yorkshire Pudding

Margherita Pizza 

Meatball Baguette with BBQ Sauce 

### Sides

Sage & thyme dry roast potatoes, mashed or boiled potatoes and a choice of carrots, cabbage, peas or salad bar



### Dessert

Fruit flavoured Jelly

## Thursday

### Mains

Jumbo Fish Finger

 Macaroni Cheese 

Filled Sandwich

### Sides

Pommes noisettes or tomato & garlic cheese bread and a choice of sweetcorn, baked beans or salad bar


### Dessert

Fruit Sponge & Custard

## Friday

### Mains

Battered Chicken Fillet Bites

Cheese Omelette 

Cod & Salmon Fish Fingers (*non-fried*)

### Sides

Wedges (*non-fried*) or crispy fries and a choice of peas, baked beans or salad bar





### Dessert



Cookie & Fruit

## On the Day

Depending on the availability of food items, cooks may need to change menu items. Meal options may include a filled jacket potatoes, pasta & sauce, sandwiches, baguettes or wraps, with salad and vegetables followed by a dessert.

## Always Available

-  Semi Skimmed Milk | Drinking Water | Half Slices of Wholemeal Bread
-  Yoghurts |  Fresh Fruit | Tinned Fruit | Fruit with  Ice Cream

-  Welsh Produce
-  Vegetarian Option

Our Welsh Suppliers







# Primary School Meals Week 3

Make your own choices of mains and sides each day

## Monday

### Mains

 Pork Meatballs in Tomato & Basil Sauce

Vegetable Nuggets 

Filled Jacket Potato

### Sides


Mashed potatoes or pasta and a choice of peas & sweetcorn, cheesy coleslaw or salad bar



### Dessert

Sticky Orange Date Brownie & Orange Wedges

## Tuesday

### Mains

 Sausage Roll

 Ravioli in Cheese Sauce 

Fish Goujons (*non fried*)

### Sides

Mexican bread or potato croquettes and a choice of baked beans, sweetcorn or salad bar


### Dessert


Fruit Crumble & Custard

## Wednesday

### Mains

Roast Chicken with Yorkshire Pudding

Vegetarian Cottage Pie 

Vegan Sausage Roll 

### Sides

Oven baked dry roast potatoes, mashed or boiled potatoes and a choice of cauliflower, swede, peas or salad bar


### Dessert

Angel Delight

## Thursday

### Mains

Minced Beef Pie & Gravy

Margherita Pizza 

Cod & Salmon Fish Fingers (*non fried*)

### Sides

Herb diced potatoes (*non fried*) or wedges (*non fried*) and a choice of peas, mixed vegetables or salad bar


### Dessert

Pancake with Fruit & Ice cream

## Friday

### Mains

Crumbed Fish Bites

Cheese & Potato Pie 

Filled Baguette

### Sides

Boiled potatoes or chipped potatoes and a choice of peas, baked beans or salad bar

### Dessert




Chocolate Cookie

## On the Day

Depending on the availability of food items, cooks may need to change menu items. Meal options may include a filled jacket potatoes, pasta & sauce, sandwiches, baguettes or wraps, with salad and vegetables followed by a dessert.


## Always Available


Semi Skimmed Milk | Drinking Water | Half Slices of Wholemeal Bread

 Yoghurts |  Fresh Fruit | Tinned Fruit | Fruit with  Ice Cream



Our Welsh Suppliers

 Welsh Produce

 Vegetarian Option