

Primary School Meals Week 1

Make your own choices of mains and sides each day

Monday

Mains

烤 Beef Lasagne

K 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 V 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 | I Fresh Fruit | Tinned Fruit | Fruit with R Ice Cream

Welsh Produce
Vegetarian Option



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Code: A-012

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

CV.S

Strawberry Flapjack

Tuesday

Mains

🛞 Curry or BBQ Chicken

🛞 Cauliflower Cheese 🔍

🧩 Welsh Cheese Toasted Panini ۷

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

Mario:

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On the Day

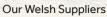
Depending on the availability of food items, cooks may need to change menu items. Meal options may include a filled jacket potatoes, pasta & sauce, sandwiches, baguettes or wraps, with salad and vegetables followed by a dessert.

Always Available

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

Welsh Produce
Vegetarian Option



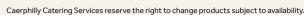






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Celtica & BISHOP Dragon**



Primary School Meals Week 3

Make your own choices of mains and sides each day



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 ۷

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

Welsh Produce Vegetarian Option



Our Welsh Suppliers





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