

Carmarthenshire Primary Summer Menu 2018

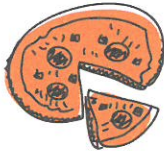
(Effective from Tuesday 8th May)

Week 1

7th May, 4th June, 25th June, 16th July,
3rd Sept, 24th Sept & 15th Oct

Monday

Homemade Cheese & Tomato Pizza (v)
Baked Beans or Sweetcorn
Diced Potatoes or Jacket Wedges
Peaches and Ice Cream



Tuesday

Beef Meatballs or Vegetarian Meatballs (v)
in Tomato Sauce with Spaghetti
Peas and Garlic Bread
Homemade Flapjack and Glass of Milk

Wednesday

Roast Pork or Vegetarian Roast (v)
Stuffing, Carrots and Broccoli
Selection of Potatoes and Gravy
Homemade Chocolate Krispie Cake and
Fruit Juice



Thursday

Mr Balfour's Homemade Moroccan Chicken
or Moroccan Quorn (v)
Naan Bread and Mixed Rice
Side Salad or Green Beans
Homemade Jam Scone with Sliced Apple



Friday

Salmon Fish Finger or
Glamorgan Sausage (v)
Baked Beans or Peas,
Chips or Potatoes
Homemade Fruit Sponge
and Custard



Week 2

14th May, 11th June, 2nd July, 23rd July,
10th Sept, 1st Oct & 22nd Oct

Monday

NEW Summer Brunch:

Omelette
Oven Baked Welsh Sausage or Vegetable
Sausage
Diced Potatoes
Baked Beans or Chopped Tomatoes
Homemade Lemon Drizzle Sponge and
Custard



Tuesday

Homemade Beef Pasta Bake
or Tomato & Basil Pasta Bake (v)
Broccoli and Cauliflower
Garlic Bread
Homemade Chocolate Cookie and Milk

Wednesday

Roast Beef or Vegetarian Roast (v)
Yorkshire Pudding, Carrots and Green
Beans
Selection of Potatoes and Gravy
Peaches and Jelly



Thursday

NEW Summer Chicken Pie or
Vegetable Pie (v)
Sweetcorn and Peas
Selection of Potatoes and Gravy
Homemade Chocolate Muffin
and Glass of Milk



Friday

Chip Shop Fish or
Vegetable Burger (v)
Baked Beans or Peas
Chips or Potatoes
Homemade Jam Bun and Fruit Wedges



Week 3

21st May, 18th June, 9th July,
17th Sept & 8th Oct

Monday

Chicken Burger or Vegetable Grill (v)
in a Bun
Baked Beans or Peas
Diced Potatoes or Jacket Wedges
Homemade Marble Sponge
and Custard



Tuesday

Homemade Chicken Korma
or Quorn Korma (v)
Peas, Naan Bread and Mixed Rice
Llaeth Y Llan Yogurt and Fruit



Wednesday

Roast Turkey or Vegetarian Roast (v)
Stuffing, Carrots, and Cabbage
Selection of Potatoes and Gravy
Homemade Vanilla Muffin and Milk



Thursday

Homemade Beef or Vegetable Bolognaise
(v) with Spaghetti
Broccoli and Garlic Bread
Homemade Shortcake Biscuit, Portion of
Raisins and Fruit Juice



Friday

Seaside Salmon or
Vegetable Bake (v)
Baked Beans or Coleslaw
Chips or Potatoes
Homemade Chocolate Brownie
and Ice Cream



We offer fresh fruit as an alternative to our daily dessert option. We also provide jugs of drinking water in our dining halls to promote good hydration with pupils. Food allergies - please contact your school cook for information regarding the content of our recipes and products on our menu.

Due to circumstances beyond our control, there may at times be a slight variance in our menus; we apologise for any inconvenience this may cause.

