



## Primary School Meals Menu

### Food Allergies and Intolerances

Please speak to our kitchen staff about your child's requirements.

Thank You

| Autumn 23 / Spring 24 Menu | Menu Week 1                     | Menu Week 2                     | Menu Week 3                     |
|----------------------------|---------------------------------|---------------------------------|---------------------------------|
| Week Commencing - (Monday) |                                 |                                 | 6 <sup>th</sup> May 2024        |
| Week Commencing - (Monday) | 13 <sup>th</sup> May 2024       | 20 <sup>th</sup> May 2024       | 3 <sup>rd</sup> June 2024       |
| Week Commencing - (Monday) | 10 <sup>th</sup> June 2024      | 17 <sup>th</sup> June 2024      | 24 <sup>th</sup> June 2024      |
| Week Commencing - (Monday) | 1 <sup>st</sup> July 2024       | 8 <sup>th</sup> July 2024       | 15 <sup>th</sup> July 2024      |
| Week Commencing - (Monday) | 2 <sup>nd</sup> September 2024  | 9 <sup>th</sup> September 2024  | 16 <sup>th</sup> September 2024 |
| Week Commencing - (Monday) | 23 <sup>rd</sup> September 2024 | 30 <sup>th</sup> September 2024 | 7 <sup>th</sup> October 2024    |
| Week Commencing - (Monday) | 14 <sup>th</sup> October 2024   | 21 <sup>st</sup> October 2024   |                                 |

| WEEK 1                                                                                                                                                  |  | WEEK 2                                                                                                                                                           |  | WEEK 3                                                                                                                                                                               |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Monday                                                                                                                                                  |  | Monday                                                                                                                                                           |  | Monday                                                                                                                                                                               |  |
| Cheese & Tomato Pizza<br>Potato Smiles or Jacket Potato<br>Baked Beans & Coleslaw & Mixed Salad Bowl<br>Homemade Mandarin Marble Sponge & Custard       |  | Breaded Chicken Goujons<br>Sauté Potatoes or Jacket Potato<br>Baked Beans or Carrot Sticks and Beetroot<br>Homemade Sponge & Custard                             |  | Beefburger in a Bun<br>Mini Waffles<br>Baked Beans or Coleslaw & Mixed Salad Bowl<br>Homemade Peach Sponge & Custard                                                                 |  |
| Tuesday                                                                                                                                                 |  | Tuesday                                                                                                                                                          |  | Tuesday                                                                                                                                                                              |  |
| Oven Baked Pork Sausage with Gravy<br>Creamed Potatoes or Jacket Potato<br>Broccoli & Carrots<br>Jam split & Fruit Wedge                                |  | Oven Baked Pork Sausage with Gravy<br>Boiled Potatoes or Creamed Potatoes or Jacket Potato<br>Broccoli & Carrots & Cauliflower Florets<br>Fruit Jelly and Cream  |  | Homemade Minced Beef Pie or Homemade Cheese & Potato Pie With Gravy<br>Creamed Potatoes or Jacket Potato<br>Broccoli & Garden Peas & Sweetcorn<br>Assorted Llaeth Y Llan Yogurt Pots |  |
| Wednesday                                                                                                                                               |  | Wednesday                                                                                                                                                        |  | Wednesday                                                                                                                                                                            |  |
| Homemade Chicken Curry with Homemade Bread<br>Boiled Rice or Jacket Potato<br>Garden Peas & Sweetcorn<br>Raspberry Ripple Ice Cream Roll                |  | Homemade Beef Bolognese / Mac and Cheese<br>Served with Pasta and Garlic Bread<br>Mixed Rainbow Vegetables & Peas & Sweetcorn<br>Assorted Muffins                |  | Frikadellen<br>Boiled Potatoes or Jacket Potato or Spaghetti Hoops<br>Sweetcorn & Cucumber & Beetroot Salad<br>Homemade Chocolate & Pear Sponge with Custard                         |  |
| Thursday                                                                                                                                                |  | Thursday                                                                                                                                                         |  | Thursday                                                                                                                                                                             |  |
| Roast Beef & Yorkshire Pudding<br>Boiled or Creamed Potatoes or Jacket Potato<br>Broccoli & Peas & Carrots<br>Chocolate Rice Krispie Cake               |  | Roast Turkey & Homemade Stuffing & Gravy<br>Boiled or Creamed Potatoes or Jacket Potato<br>Carrots & Cabbage & Peas<br>Strawberry Mouse & Fruit Cocktail         |  | Roast Turkey & Homemade Stuffing & Gravy<br>Boiled Potatoes or Jacket Potato<br>Carrots & Broccoli & Green Beans<br>Chocolate Ice Cream Roll                                         |  |
| Friday                                                                                                                                                  |  | Friday                                                                                                                                                           |  | Friday                                                                                                                                                                               |  |
| Breaded Birds Eye Fish Fingers<br>Chipped Potatoes or Jacket Potato<br>Baked Beans or Garden Peas & Mixed Salad Bowl<br>Homemade Jam and Coconut Sponge |  | Fish Star or Cheese Wrap<br>Chipped Potatoes or Jacket Potato<br>Garden Peas or Baked Beans & Mixed Salad Bowl<br>Fruits of the Forest with Strawberry Ice Cream |  | Breaded Birds Eye Fish Fingers<br>Chipped Potatoes or Jacket Potato<br>Baked Beans or Garden Peas Mixed Salad Bowl<br>Mini Donut                                                     |  |

**\*\* Please keep looking for menu updates \*\***

Available daily: - Pasta • Seasonal Salads • Wholemeal Bread • Jacket Potatoes & Baked Beans or Cheese • Milk & Water

A Daily Choice of: Dessert of the day • Fresh Fruit • Fruit Yogurt • Cheese & Biscuits • Melon

**Baked Salmon is available as an alternative on a Friday** - For reasons beyond our control, the menus may have to be changed at short notice.