

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 

Pork Sausage

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

 Welsh Produce

 Vegetarian Option



Our Welsh Suppliers

BRACES
Family Butchery

WELSH DAIRY
LLAETH Y LLAN
Welsh Dairy Products

authentic
corned & world foods

THE CELTIC
PIE CO.

CELTIC PRIDE
WELSH, SCOTCH, IRISH
WHISKY

ELLIS
Eggs

FARM FRESH
MEAT SPECIALIST

Langford's

Maries

Planned Food
FOODS

Castell
Howell

Celtica

BISHOP

Dragon

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

Fruit &  Ice Cream

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

Pork Meatballs

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

BRACES
Family Bread

WELSH DAIRY
LLAETH Y LLAN
Welsh Dairy
Wholesome
Dairies

authentic
corned & world food

THE CELTIC
PIE CO.

CELTIC PRIDE
WELSH DAIRY
PRODUCE

ELLIS
Eggs

FARM FRESH
MEAT SPECIALIST

Langford's

Maries

Howell

Celtica

BISHOP

Dragon