



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