



# Primary School Meals Week 3

Make your own choices of mains and sides each day

## Monday

### 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 

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


Semi Skimmed Milk | Drinking Water | Half Slices of Wholemeal Bread

 Yoghurts |  Fresh Fruit | Tinned Fruit | Fruit with  Ice Cream



Our Welsh Suppliers

 Welsh Produce

 Vegetarian Option