

# Carmarthenshire Primary Winter Menu 2017/2018

(effective from Monday 6th November)

## Week 1

6th Nov, 27th Nov, 18th Dec, 8th Jan 2018,  
29th Jan, 26th Feb, 19th Mar & 16th Apr

### Monday

Oven Baked Chicken Grill  
or Vegetable Grill (v)  
Baked Beans or Mixed Vegetables  
Diced Potatoes or Jacket Wedges  
Homemade Oat and Raisin Cookie and  
Glass of Milk

### Tuesday

Homemade Beef or  
Vegetarian Bolognese (v)  
with Spaghetti  
Peas and Garlic Bread  
Chocolate Orange Mousse

### Wednesday

Roast Turkey or Vegetarian Roast (v)  
Stuffing, Carrots and Broccoli  
Selection of Potatoes and Gravy  
Fruit and Jelly

### Thursday

Chicken or Quorn Wrap (v)  
Mixed Salad or Green Beans and Mixed Rice  
Homemade Chocolate Brownie  
and Ice Cream

### Friday

Seaside Pollock Portion  
or Vegetable Sausage (v)  
Beans or Peas  
Chips or Potatoes  
Homemade Marble Sponge  
and Custard

## Week 2

13th Nov, 4th Dec, 15th Jan 2018, 5th Feb,  
5th Mar, 26th Mar & 23rd Apr

### Monday

Homemade Loaded Pizza (v)  
Baked Beans or Sweetcorn  
Diced Potato or Jacket Wedges  
Arctic Roll

### Tuesday

Homemade Chicken or Quorn Korma (v)  
Peas, Naan Bread and Mixed Rice  
Homemade Chocolate Muffin and Glass of  
Milk

### Wednesday

Roast Pork and Apple Sauce  
OR Roast Turkey  
or Vegetarian Roast (v)  
Stuffing, Carrots and Cabbage  
Selection of Potatoes and Gravy  
Llaeth Y Llan Yoghurt and Fruit

### Thursday

Homemade Beef Cawl  
or Vegetable Cawl (v)  
with Bread Roll and Cheese  
OR  
Oven Baked Welsh Sausage or Vegetable  
Sausage (v) with Yorkshire Pudding  
Swede, Green Beans, Mashed Potatoe  
and Gravy  
Homemade Fruit Sponge and Custard

### Friday

Seaside Salmon Portion  
or Vegetable Grill (v)  
Baked Beans or Peas  
Chips or Potatoes  
Homemade Oat Biscuit with Raisins  
and Fruit Juice

## Week 3

20th Nov, 11th Dec, 22nd Jan 2018,  
12th Feb, 12th Mar & 30th Apr

### Monday

Homemade Tomato and  
Basil Pasta Bake (v)  
Broccoli, Cauliflower and Garlic Bread  
Homemade Flapjack and Fruit Juice

### Tuesday

Homemade Pizza Panini (v)  
Baked Beans or Sweetcorn  
Diced Potatoes or Jacket Wedges  
Peaches and Custard

### Wednesday

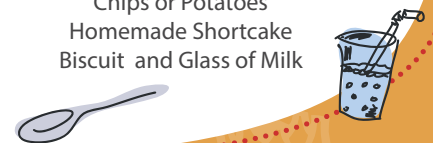
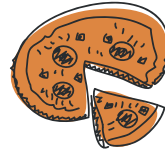
Roast Beef or Vegetarian Roast (v)  
Yorkshire Pudding  
Carrots and Green Beans  
Selection of Potatoes and Gravy  
Frozen Yoghurt and Fruit

### Thursday

Beef Grill  
or Vegetable Grill (v)  
Coleslaw and Mixed Salad  
Homemade Herby Potatoes  
Homemade Jam Sponge and Custard

### Friday

Mini Fish Bites or Vegetable Bake (v)  
Baked Beans or Peas  
Chips or Potatoes  
Homemade Shortcake  
Biscuit and Glass of Milk



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.

