




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 

Chicken Goujons

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

Oaty 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



Our Welsh Suppliers


 Welsh Produce
 Vegetarian Option


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 

Filled Jacket Potato

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

Quorn Hot Dog with Onions & Ketchup 

Salmon & Cod Fishcake (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



Our Welsh Suppliers


 Welsh Produce
 Vegetarian Option


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 

Lemon Sole (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 

Filled Jacket Potato

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