











## Carmarthenshire School Catering Service Primary Summer Menu

Effective from w/c 6th May to 25th October 2024

	Week 1 3rd Jun, 24th Jun, 15th Jul, 2nd Sept, 23rd Sept, 14th Oct	Week 2 10th Jun, 1st Jul, 9th Sept, 30th Sept, 21st Oct	Week 3 17th Jun, 8th Jul, 16th Sept, 7th Oct
Monday	<p>Margarita Pizza (V) (H)</p> <p>Baked Beans or Peas Herby Potatoes</p> <p>Peaches and Ice Cream</p> 	<p>Tomato and Basil Pasta Bake (V) (H)</p> <p>Garlic Bread Sweetcorn and Broccoli</p> <p><b>NEW</b> Tutti Fruity Shortcake Biscuit (H) and Apple Wedges</p> 	<p>Pork and Carrot Meatballs or Meat Free Meatballs (V)</p> <p>Tomato Sauce (H) Broccoli and Cauliflower Pasta &amp; Garlic bread</p> <p>Llaeth Y Llan Yoghurt and Fruit</p>  
Tuesday	<p>Beef Bolognese or Vegetarian Bolognese (V) (H)</p> <p>Spaghetti and Garlic Bread Mixed Vegetables and Broccoli</p> <p>Flapjack (H), Raisins and Fruit Juice</p> 	<p>Chicken Korma or Quorn Korma (V) (H)</p> <p>Mixed Rice and Naan Bread Peas</p> <p>Rice Krispie Cake (H) and Glass of Milk</p> 	<p>Breaded Chicken Wrap or Quorn Dippers Wrap (V)</p> <p>Mixed Rice Sweetcorn and Peas Salsa Sauce (H)</p> <p>Jaffa Sponge (H) and Glass of Milk</p> 
Wednesday	<p>Roast Turkey or Quorn Fillet (V)</p> <p>Stuffing (H) Carrots and Cabbage Selection of Potatoes, Gravy</p> <p>Oat Biscuit (H) and Apple Wedges</p>  	<p>Roast Welsh Beef or Quorn Fillet (V)</p> <p>Yorkshire Pudding Carrots and Cauliflower Selection of Potatoes, Gravy</p> <p>Welsh Cake and Fruit Juice</p>  	<p>Roast Turkey/Roast Pork or Quorn Fillet (V)</p> <p>Stuffing (H) Carrots and Broccoli Selection of Potatoes, Gravy</p> <p><b>NEW</b> Crackers and Cheese with Apple Wedges</p> 
Thursday	<p>Fajita Chicken Wrap or Quorn Fajita Wrap (V)</p> <p>Selection of Salads and Mixed Rice</p> <p>Sponge/Traybake (H) and Glass of Milk</p>  	<p><b>NEW</b> Midday Brunch: Mini Omelette with Welsh Pork Sausage/Sausage Pattie or Vegetable Sausage (V)</p> <p>Diced Potatoes/Mashed Potatoes Baked Beans or Chopped Tomatoes</p> <p><b>NEW</b> Lemon Drizzle Cake (H) and Glass of Milk</p>	<p>Chicken and Sweetcorn or Cheese and Tomato Pizza (V) (H)</p> <p>Diced Potatoes Salad Batons and Coleslaw</p> <p><b>NEW</b> Choc Beet Traybake (H) and Glass of Milk</p> 
Friday	<p><b>FISH OF THE DAY</b> Breaded Salmon OR Pollock Fish Finger or Quorn Dippers (V)</p> <p>Baked Beans or Peas Chips or Potatoes</p> <p>Vanilla Muffin/Traybake (H), Fruit Wedges and Milk</p> 	<p>Fish Bites or Quorn Burger (V)</p> <p>Baked Beans or Peas Chips or Potatoes</p> <p>Chocolate Brownie (H), Ice Cream and Sliced Banana</p> 	<p><b>FISH OF THE DAY</b> Salmon OR Pollock Fish Finger or Cheese and Tomato Hot Wrap (V)</p> <p>Baked Beans or Peas Chips or Potatoes</p> <p><b>NEW</b> Strawberry Shortcake Biscuit (H) and Ice Cream</p> 

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.

(V) = Vegetarian Option / (H) = Homemade

For further information in relation to school meals visit our website: [carmarthenshire.gov.wales](http://carmarthenshire.gov.wales)

