

Carmarthenshire Primary Winter Menu 2016

From Monday 31st October

For just **£2.40 per day**, pupils can enjoy a two course meal to include a vegetarian option and a dessert which includes a choice of fresh fruit. We also ensure that drinking water is readily available in all of our dining halls to encourage good hydration. We require payment in advance and to allow for convenience payment can be made on a weekly, fortnightly or termly basis either by cheque (payable to Carmarthenshire County Council) or by cash.

Our menu cycle runs on a three week basis so that pupils have a chance to eat a variety of dishes some of which originate from other parts of the world such as our homemade curry, pizza and pasta dishes. We also incorporate seasonal variances by serving more warming dishes during the winter months.

We are very passionate about providing meals which are nutritionally balanced that are made with fresh, good quality ingredients. We know that traditional roast dinners are preferred midweek so we serve these on Wednesdays and Fridays wouldn't be the same without fish and chips.

We like to encourage pupils who haven't tried a school meal to 'Give our School Meals a Try'; we also invite feedback or suggestions in relation to our menus and the service we provide:

Email: schoolmeals@carmarthenshire.gov.uk

Telephone: 01267 246537

For further information in relation to our service or to find out if you qualify for free school meals, visit our website www.carmarthenshire.gov.uk

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



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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Commencing 31th Oct 21st Nov 12th Dec 2nd Jan 2017 23th Jan 13th Feb 27th Feb 20th Mar 24th Apr	Main	Homemade Tomato & Basil Pasta Bake (v)	Cheese & Tomato Pizza Panini or Pizza Wrap (v)	Roast Turkey & Stuffing or Vegetarian Roast (v) and Gravy	COOKS CHOICE Gammon with Parsley Sauce or Cauliflower, Broccoli & Cheese Bake (v) Creamy Mashed Potatoes	CATCH OF THE DAY Oven Baked Salmon Fish Finger or Glamorgan Sausage (v)
	Veg	Broccoli	Baked Beans or Side Salad	Carrots & Cabbage	Mixed Vegetables OR Homemade Beef or Vegetable Cawl with Bread Roll and Cheese	Baked Beans or Peas
	Carb	Garlic Bread	Sliced Herby Potatoes/ Jacket Wedges	Selection of potatoes		Chips or Potatoes
	Dessert	Homemade Flapjack or Fresh Fruit	Chocolate Orange Mousse or Fresh Fruit	Ice cream with Peaches or Fresh Fruit	Homemade Teisien Lap & Custard or Fresh Fruit	Homemade Fairtrade Banana Muffin or Fresh Fruit
	Drink	Fruit Juice	Water	Water	Water	Milk
Week 2 Commencing 7th Nov 28th Nov 9th Jan 2017 30th Jan 6th Mar 27th Mar	Main	Homemade Fully Loaded Pizza (v)	Oven Baked Welsh Sausage/Vegetable Sausage (v) with Yorkshire Pudding and Gravy	Roast Pork and Apple Sauce or Roast Turkey with Stuffing or Vegetarian Roast (v) and Gravy	Homemade Chicken or Vegetable Pasta Bake (v)	CATCH OF THE DAY Oven Baked Chip Shop style Fillet of Fish or Vegetable Bake(v)
	Veg	Baked Beans or Sweetcorn	Peas & Swede	Carrots & Green Beans	Broccoli	Baked Beans or Peas
	Carb	Sliced Potatoes/ Jacket Wedges	Creamy Mashed Potatoes	Selection of potatoes	Garlic Bread	Chips or Potatoes
	Dessert	Llaeth Y Llan Yogurt and Fruit Compote	Homemade Marble Sponge with Chocolate Custard or Fresh Fruit	Mandarins & Jelly or Fresh Fruit	Homemade Chocolate Brownie and Ice Cream	Homemade Fruit & Oat Cookie or Fresh Fruit
	Drink	Fruit Juice	Water	Water	Water	Milk
Week 3 14th Nov 5th Dec 16th Jan 2017 6th Feb 13th Mar 3rd Apr	Main	Breaded Chicken Burger or Vegetable Burger (v) in a bread roll	Homemade Beef or Vegetarian Bolognaise (v) with Spaghetti	Beef & Yorkshire Pudding or Vegetarian Roast (v) and Gravy	Homemade Chicken or Quorn Korma (v)	CATCH OF THE DAY Oven Baked Salmon Nibbles or Vegetable Grill (v)
	Veg	Baked Beans or Peas	Green Beans	Carrots & Broccoli	Peas	Baked Beans or Peas
	Carb	Jacket Wedges	Garlic Bread	Selection of potatoes	Mixed Rice & Naan Bread	Chips or Potatoes
	Dessert	Homemade Rice Pudding or Fresh Fruit	Homemade Chocolate Muffin or Fresh Fruit	Arctic Roll with Fruit Wedges or Fresh Fruit	Homemade Shortcake Biscuit with a portion of Raisins or Fresh Fruit	Homemade Lemon Drizzle & Custard or Fresh Fruit
	Drink	Water	Fruit Juice	Water	Milk	Water