

# Carmarthenshire Primary Summer Menu 2018

(Effective from Tuesday 8th May)

## Week 1

7th May, 4th June, 25th June, 16th July,  
3rd Sept, 24th Sept & 15th Oct

### Monday

Homemade Cheese & Tomato Pizza (v)  
Baked Beans or Sweetcorn  
Diced Potatoes or Jacket Wedges  
Peaches and Ice Cream



### Tuesday

Beef Meatballs or Vegetarian Meatballs (v)  
in Tomato Sauce with Spaghetti  
Peas and Garlic Bread  
Homemade Flapjack and Glass of Milk

### Wednesday

Roast Pork or Vegetarian Roast (v)  
Stuffing, Carrots and Broccoli  
Selection of Potatoes and Gravy  
Homemade Chocolate Krispie Cake and  
Fruit Juice



### Thursday

Mr Balfour's Homemade Moroccan Chicken  
or Moroccan Quorn (v)  
Naan Bread and Mixed Rice  
Side Salad or Green Beans  
Homemade Jam Scone with Sliced Apple



### Friday

Salmon Fish Finger or  
Glamorgan Sausage (v)  
Baked Beans or Peas,  
Chips or Potatoes  
Homemade Fruit Sponge  
and Custard




## Week 2

14th May, 11th June, 2nd July, 23rd July,  
10th Sept, 1st Oct & 22nd Oct

### Monday

#### NEW Summer Brunch:

Omelette  
Oven Baked Welsh Sausage or Vegetable  
Sausage   
Diced Potatoes  
Baked Beans or Chopped Tomatoes  
Homemade Lemon Drizzle Sponge and  
Custard

### Tuesday

Homemade Beef Pasta Bake  
or Tomato & Basil Pasta Bake (v)  
Broccoli and Cauliflower  
Garlic Bread  
Homemade Chocolate Cookie and Milk

### Wednesday

Roast Beef or Vegetarian Roast (v)  
Yorkshire Pudding, Carrots and Green  
Beans  
Selection of Potatoes and Gravy  
Peaches and Jelly



### Thursday

NEW Summer Chicken Pie or  
Vegetable Pie (v)  
Sweetcorn and Peas  
Selection of Potatoes and Gravy  
Homemade Chocolate Muffin  
and Glass of Milk



### Friday

Chip Shop Fish or  
Vegetable Burger (v)  
Baked Beans or Peas  
Chips or Potatoes  
Homemade Jam Bun and Fruit Wedges



## Week 3

21st May, 18th June, 9th July,  
17th Sept & 8th Oct

### Monday

Chicken Burger or Vegetable Grill (v)  
in a Bun  
Baked Beans or Peas  
Diced Potatoes or Jacket Wedges  
Homemade Marble Sponge  
and Custard



### Tuesday

Homemade Chicken Korma  
or Quorn Korma (v)  
Peas, Naan Bread and Mixed Rice  
Llaeth Y Llan Yogurt and Fruit



### Wednesday

Roast Turkey or Vegetarian Roast (v)  
Stuffing, Carrots, and Cabbage  
Selection of Potatoes and Gravy  
Homemade Vanilla Muffin and Milk



### Thursday

Homemade Beef or Vegetable Bolognese  
(v) with Spaghetti  
Broccoli and Garlic Bread  
Homemade Shortcake Biscuit, Portion of  
Raisins and Fruit Juice



### Friday

Seaside Salmon or  
Vegetable Bake (v)  
Baked Beans or Coleslaw  
Chips or Potatoes  
Homemade Chocolate Brownie  
and Ice Cream

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.

