

Carmarthenshire Primary School Summer Menu 2017

Our summer inspired healthy menu will be implemented in all primary schools as from Tuesday 2nd May

What's New?

We know that Global Citizenship is an important part of the school curriculum so we hope pupils will enjoy our homemade dishes inspired from other parts of the world.

Award Winning Dishes

In March of this year, Mr Balfour our school cook from Ysgol Bro Brynach reached the final of a national School Chef of the Year Competition. We are extremely proud of Mr Balfour's efforts and have showcased his award winning dishes on our menu.

Interesting fact:

Our homemade chocolate desserts don't contain chocolate, they contain cocoa. Cocoa is a healthy alternative to chocolate which is high in iron

We encourage parents and pupils to contact us to provide feedback and offer suggestions in relation to our menus.

Email us at

schoolmeals@carmarthenshire.gov.uk or
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

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|----------------|--|--|---|--|---|
| Week 1 Commencing 1st May 22nd May 5th June 26th June 17th July 4th September 25th September 16th October | Main | Homemade Tomato & Basil Pasta Bake (v) | Mr Balfour's Homemade Moroccan Chicken or Moroccan Quorn (v) | Roast Turkey or Vegetarian Roast (v) | Oven Baked Sausage or Vegetable Sausage in a Roll (v) | Salmon Fish Finger or Vegetable Grill (v) |
| | Veg | Broccoli | Green Beans | Carrots and Peas | Mixed Salad | Beans or Peas |
| | Carb | Garlic Bread | Mixed Rice | Selection of Potatoes Stuffing and Gravy | Diced Potato / Potato Wedges | Chips or Potatoes |
| | Dessert | Arctic Roll | Homemade Chocolate Cookie with Raisins | Frozen Yogurt with Mixed Summer Berries | Homemade Fruit Crumble and Custard or Fruit Sponge and Custard | Welsh Cake |
| | Drink | Water | Fruit Juice | Water | Water | Milk |
| Week 2 Commencing 8th May 12th June 3rd July 11th September 2nd October 23rd October | Main | Homemade Pizza or Pizza Panini (v) | Homemade Beef or Vegetarian Bolognese with Spaghetti (v) | Roast Pork with Apple Sauce or Roast Turkey with Stuffing or Vegetarian Roast (v) | Chicken Fajita or Quorn Fajita (v) | Mini Fish Bites or Breaded Vegetable Burger (v) |
| | Veg | Baked Beans or Peas | Mixed Veg | Carrots and Cabbage | Mixed Salad | Baked Beans or Peas |
| | Carb | Diced Potato / Potato Wedges | Garlic Bread | Selection of potatoes Gravy | Spanish Rice / Herby potatoes | Chips or Potatoes |
| | Dessert | Yoghurt Fruit Sundae | Mr Balfour's Homemade Healthy Raspberry Cheesecake | Fruit & Jelly | Homemade Brownie & Ice cream | Homemade Coconut Muffin with Raisins |
| | Drink | Water | Fruit Juice | Water | Water | Milk |
| Week 3 15th May 19th June 10th July 18th September 9th October | Main | Chicken Burger or Vegetable Grill (v) | Homemade Chicken Korma or Quorn Korma (v) | Roast Beef or Vegetarian Roast with Yorkshire Pudding (v) | Gammon or Cheese and Potato Pie (v) | Salt and Vinegar Fish or Glamorgan Sausage (v) |
| | Veg | Sweetcorn or Baked Beans | Peas | Carrots & Broccoli | Mixed Salad | Baked Beans or Peas |
| | Carb | Diced Potato / Potato Wedges | Mixed Rice and Naan Bread | Selection of potatoes Gravy | Bread Roll Boiled Potatoes | Chips or Potatoes |
| | Dessert | Raspberry Mousse | Homemade Chocolate Muffin | Fruit Salad and Ice Cream | Homemade Fairtrade Banana Crumbly Square with Custard | Llaeth Y Llan Yogurt with Fruit Compote |
| | Drink | Water | Milk | Water | Water | Fruit Juice |

As alternative to our puddings, we will offer Fresh Fruit as a dessert on a daily basis

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