

Carmarthenshire School Catering Service - Primary Spring Menu

Our menu will run from w/c 23rd February to 22nd May



Week 1

23rd February / 16th March /
13th April / 4th May

Monday

Main Meal: Margarita Pizza (V)

Side Dishes: Seasoned Cubed Potatoes, Sweetcorn and Peas

Daily Salad Choice: Beetroot Salad

Dessert: Strawberries and Ice Cream

Tuesday

Main Meal: Beef Bolognese or Vegetarian Bolognese (V)

Side Dishes: Pasta and Garlic Bread, Mixed Vegetables and Broccoli

Daily Salad Choice: Mixed Salad

Dessert: Flapjack, Sliced Banana and Glass of Welsh Milk

Wednesday

Main Meal: Roast Turkey or Quorn Fillet (V)

Side Dishes: Stuffing, Mashed Potato, Carrots, Cabbage and Gravy

Daily Salad Choice: Mixed Salad

Dessert: Chocolate Flavoured Cookie and Orange Wedges

Thursday

Main Meal: Fajita Chicken Wrap or Jacket Potato with Beans & Cheese (V)

Side Dishes: Mixed Rice, Sweetcorn and Vegetable Batons

Daily Salad Choice: Mixed Salad

Dessert: Vanilla Flavoured Muffin and Mixed Fruit Wedges

Friday

Main Meal: Breaded Salmon Fillet or Pollock Fish Fingers or Quorn Dippers (V)

Side Dishes: Chips or Potatoes, Baked Beans and Peas

Daily Salad Choice: Mixed Salad

Dessert: Crackers, Cheese and Apple Wedges

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



For further information in relation to school meals visit our website: carmarthenshire.gov.wales

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Week 2

2nd March / 23rd March /

20th April / 11th May

Monday

Main Meal: Beef Pasta Bake or Mac & Cheese (V)

Side Dishes: Garlic Bread, Cauliflower and Broccoli

Daily Salad Choice: Carrot Salad

Dessert: Shortcake Biscuit and Orange Wedges

Tuesday

Main Meal: Chicken Korma or Vegetable Korma (V)

Side Dishes: Mixed Rice and Naan Bread, Peas and Sweetcorn

Daily Salad Choice: Mixed Salad

Dessert: Rice Krispie Cake, Apple Wedges and Glass of Welsh Milk

Wednesday

Main Meal: BBQ Pulled Pork in a Roll/Wrap or Quorn Fillet in a Roll (V)

Side Dishes: Potato Wedges, Cheese Coleslaw and Diced Cucumber

Daily Salad Choice: Mixed Salad

Dessert: Rice Pudding and Peaches

Thursday

Main Meal Midday Brunch: Omelette and Welsh Pork Sausage/Pattie or Vegetable Sausage (V)

Side Dishes: Seasoned Cubed Potatoes, Baked Beans and Chopped Tomatoes

Daily Salad Choice: Mixed Salad

Dessert: Welsh Yoghurt Fruit Sundae (made with Llaeth Y Llan Yoghurt)

Friday

Main Meal: Fish Bites or Hot Cheese & Tomato Wrap (V)

Side Dishes: Chips or Potatoes, Peas and Vegetable Batons

Daily Salad Choice: Mixed Salad

Dessert: Chocolate Brownie, Sliced Banana and Glass of Welsh Milk

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Week 3

9th March / 27th April / 18th May

Monday

Main Meal: Breaded Chicken Wrap or Mixed Bean Burrito (V)

Side Dishes: Mixed Rice, Sweetcorn and Peas, Salsa or Mayonnaise

Daily Salad Choice: Beetroot Salad

Dessert: Chocolate Flavoured Sponge, Orange Wedges and Custard

Tuesday

Main Meal: Pork & Carrot Meatballs or Tomato Pasta Bake (V)

Side Dishes: Pasta and Tomato Sauce, Garlic Bread, Green Beans and Cauliflower

Daily Salad Choice: Mixed Salad

Dessert: Peaches and Welsh Llaeth Y Llan Yoghurt

Wednesday

Cook's Choice Main Meal: Roast Beef or Quorn Fillet (V); Yorkshire Pudding, Mashed Potato, Carrots, Cabbage and Gravy **OR** Beef or Vegetable Cawl (V); Bread and Welsh Cheese

Daily Salad Choice: Mixed Salad

Dessert: Cornflake Cake and Apple Wedges

Thursday

Main Meal: Cheese & Tomato Pizza (V)

Side Dishes: Seasoned Cubed Potatoes, Sweetcorn and Vegetable Batons

Daily Salad Choice: Mixed Salad

Dessert: Pancake, Sliced Banana and Glass of Welsh Milk

Friday

Main Meal: Pollock Fish Finger or Quorn Burger (V)

Side Dishes: Chips or Potatoes, Baked Beans and Peas

Daily Salad Choice: Mixed Salad

Dessert: Pineapple Sundae

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