



Carmarthenshire Summer Menu 2019

(Effective from week commencing 3rd June 2019)



Week 1

Week commencing

3rd June, 24th June, 15th July,
2nd Sept, 23rd Sept, 14th Oct

Monday

Homemade Cheese & Tomato
Pizza (v)

Baked Beans or Peas
Potato Wedges

Raspberry Ripple
Ice Cream Roll



Tuesday

NEW Tandoori Chicken Wrap or Quorn
Fajita Wrap (v)

Selection of Salads and Mixed Rice

Homemade Marble Sponge
and Custard

Wednesday

Roast Turkey Baguette or Quorn Baguette (v)



Stuffing, Carrots and Green Beans,
Selection of Potatoes and Gravy

Homemade Chocolate Cornflake Crispy
and Fruit Juice

Thursday

Homemade Beef Bolognese or Vegetarian
Bolognese (v)

Spaghetti, Mixed Vegetables and
Garlic Bread

Homemade Flapjack and Milk



Friday

Fish Finger or
Vegetarian Burger (v)

Peas or Baked Beans,
Chips or Potatoes

Homemade Jam Bun
and Fruit Wedges



Week 2

Week commencing

10th June, 1st July, 22nd July, 9th Sept,
30th Sept, 21st Oct

Monday

Welsh Sausage or Vegetable Sausage in a
Bread Roll (v)

Peas and Sweetcorn or
Selection of Salads
Potato Wedges

Homemade Chocolate
Cookie and Milk



Tuesday

Roasted Gammon or
Omelette (v)

Baked Beans or
Cabbage & Leek Medley,
Herby Potatoes or Mashed Potatoes

Homemade Fruit Sponge
and Custard

Wednesday

Roast Beef or Vegetarian Roast (v)



Yorkshire Pudding,
Carrots, Peas,
Selection of Potatoes
and Gravy

Fruit and Jelly

Thursday

Homemade Chicken Pasta Bake or 'Mac &
Cheese' (v)

Garlic Bread
Mixed Vegetables or Salad Selection

NEW Homemade Chocolate Oat Bar and
Fruit Juice

Friday

Fish Finger or
Vegetable Grill (v)

Baked Beans or Peas
Chips or Potatoes

Homemade Brownie,
Ice Cream and Banana Slices



Week 3

Week commencing

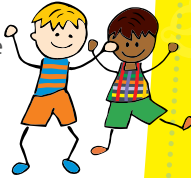
17th June, 8th July, 16th Sept,
7th Oct

Monday

Chicken Grill or Breaded Vegetable Burger (v)

Baked Beans or Selection of Salads
Diced Potatoes

Homemade Sponge
and Custard



Tuesday

Homemade Chicken Curry or Quorn Curry (v)

Peas, Naan Bread
and Mixed Rice



Homemade Chocolate Muffin
and Milk

Wednesday

Roast Pork or Vegetarian Roast (v)

Stuffing, Carrots and Cabbage,
Selection of Potatoes and Gravy

Llaeth y Llan Yogurt
and Fruit



Thursday

Homemade Beef Pasta Bake or Cheese and
Tomato Pasta Bake (v)

Sliced Green Beans and Garlic Bread

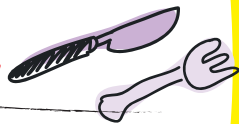
NEW Homemade Orange and Lemon
Shortcake Biscuit and Fruit Wedges

Friday

NEW Fish Goujons Wrap or
Vegetarian Wrap (v)

Selection of Salads or Baked Beans
Chips or Potatoes

Traditional Welsh Cake,
Ice Cream and
Chocolate Drizzle



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.

