

Carmarthenshire Autumn Term Menu 2020

(Effective from Monday 2nd November to Friday 18th December)

Week 1

Week commencing

2nd November

23rd November, 14th December

Monday

Welsh Sausage
or Vegetarian Sausage (v)

Baked Beans or Peas
Bread and Jacket Wedges

Fruit and Ice Cream

Tuesday

Homemade Ham and Cheese Pizza
or Cheese and Tomato Pizza (v)

Mixed Vegetables
Herby Diced Potatoes or Jacket Potato

Homemade Chocolate Muffin and Milk

Wednesday

Roast Pork/Turkey or Quorn Baguette (v)
with Stuffing

Carrots and Green Beans
Selection of Potatoes
Gravy

Homemade Oat Biscuit, Raisins and Juice

Thursday

Chicken or Quorn Tikka Wrap/Panini (v)

Mixed Salad and Sweetcorn
Jacket Wedges

Homemade Jaffa Sponge Tray Bake and
Milk

Friday

Salmon Fish Finger or Vegetable Grill (v)

Peas or Baked Beans
Chips or Potatoes

Homemade Chocolate Brownie,
Fruit Wedges and Juice

Week 2

Week commencing

9th November

30th November

Monday

Homemade Fully Loaded Pizza or Cheese
and Tomato Pizza (v)

Peas and Sweetcorn
Herby Diced Potatoes

Llaeth Y Llan Yogurt and Fruit

Tuesday

Homemade Beef or Cheese and
Tomato Pasta Bake (v)

Peas and Garlic Bread

Homemade Banana
Tray Bake and Milk

Wednesday

Roast Chicken or Quorn Fillet (v) in a Bread
Roll with Stuffing

Broccoli and Carrots
Selection of Potatoes
Gravy

Homemade Chocolate
Cookie and Juice, Portions Raisins

Thursday

Tandoori Chicken Bites Wrap or
Vegetarian Bites (v) with Lemon
Mayonnaise Dip

Coleslaw and Mixed Salad
Jacket Wedges

Homemade Lemon Drizzle and Custard

Friday

Pollock Fish Fingers
or Vegetable Sausage (v) with Salsa Dip

Mixed Vegetables or Baked Beans
Chips or Potatoes

Homemade Marble
Muffin and Milk

Week 3

Week commencing

16th November

7th December

Monday

Homemade Mild Chilli Beef Taco or
Vegetarian Chilli Taco (v)

Mixed Vegetables
Mixed Rice

Homemade Chocolate
Sponge and White Sauce

Tuesday

Chicken Grill or
Breaded Vegetable Burger (v)

Baked Beans or Sweetcorn
Diced Potatoes

Homemade Oat and Raisin
Cookie with Milk

Wednesday

Roast Beef or Quorn (v)
Baguette with Yorkshire Pudding

Carrots and Cabbage
Selection of Potatoes
Gravy

Jelly and Fruit

Thursday

Homemade Chicken or
Cheesy Pasta Bake (v)

Broccoli and Carrots
Garlic Bread

Homemade Apple Muffin and
Fruit Wedges

Friday

Lemon Sole Fish Bites or
Vegetable Grill (v)

Peas or Baked Beans
Chips or Potatoes

Homemade Flapjack and Juice

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.

