

Carmarthenshire School Catering Service Primary Summer Menu

Our menu will run from w/c 1st June to 23rd October 2026

Week 1: 1st June / 22nd June / 13th July / 31st August / 21st September / 12th October

| | Mon | Tues | Wed | Thurs | Fri |
|-----------------------|--|--|-----------------------------------|--|---|
| Main | Welsh Pork Sausage/Sausage Pattie | Chicken Korma | Welsh Beef Cottage Pie | Turkey Pasta Bake | Fish Finger Wrap |
| Vegetarian | Vegetable Sausage | Vegetable Korma | Lentil and Vegetable Cottage Pie | Cheese & Tomato Pasta Bake | Hot Pizza Wrap |
| Alternative Main Meal | Tomato & Basil Pasta Bake | Jacket Potato with Choice of Filling | Tomato & Basil Pasta Bake | Jacket Potato with Choice of Filling | Tomato & Basil Pasta Bake |
| Side Dishes | Omelette, Brunch Fries, Baked Beans and Tomatoes | Mixed Rice, Seasonal Vegetables and Peas | Carrots, Broccoli and Gravy | Garlic Bread, Fruity Coleslaw and Ribbon Salad | Potato Wedges or Mashed Potato, Cucumber and Carrot Salad |
| Optional Daily Salad | Sweetcorn | Mixed Salad | Mixed Salad | Mixed Salad | Mixed Salad |
| Dessert | Ice Cream and Peaches | Oat Biscuit and Orange Wedges | Cheese, Crackers and Sliced Apple | Lemon Drizzle Muffin and Fruit Wedges | Chocolate Banana Cake and Sliced Banana |

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.

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



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Week 2: 8th June / 29th June / 20th July / 7th September / 28th September / 19th October

| | Mon | Tues | Wed | Thurs | Fri |
|--------------------------|---|---|---|---|---|
| Main | Welsh Sausage Ragù Pasta Bake | Summer Pizza | Peri Peri Chicken Wrap | Welsh Beef Chilli | Fish Bites |
| Vegetarian | Mac & Cheese | Summer Pizza | Halloumi Hot Wrap | Vegetarian Chilli | Quorn Nuggets |
| Alternative Main Meal | Jacket Potato with Choice of Filling | Tomato & Basil Pasta Bake | Jacket Potato with Choice of Filling | Tomato & Basil Pasta Bake | Jacket Potato with Choice of Filling |
| Side Dishes | Garlic Bread, Carrots and Broccoli | Chips or Half Jacket Potato, Baked Beans and Peas | Diced Potatoes, Coleslaw and Cucumber Salad, Tomato Salsa | Mixed Rice, Tortilla Triangles, Ribbon Salad and Diced Cucumber | Jacket Potato, Peas, Mixed Salad |
| Optional Daily Salad | Beetroot | Mixed Salad | Sweetcorn | Mixed Salad | Carrot |
| Dessert | Chocolate Brownie and Fruit Coulis | Fresh Fruit Salad and Glass of Welsh Milk | Apple Cake and Custard | Chopped Summer Fruit and Yogurt | Chocolate Flapjack and Fruit Wedges |

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Week 3: 15th June / 6th July / 14th September / 5th October

| | Mon | Tues | Wed | Thurs | Fri |
|-----------------------|---|--|---|---|--|
| Main | Honey and Soy Chicken | Pork and Carrot Meatball Sub Sandwich | Roast Turkey | Welsh Beef Bolognaise | Breaded Salmon Fillet |
| Vegetarian | Honey and Soy Quorn | Vege Meatball Sub Sandwich | Vegetable Sausage | Lentil Bolognaise | Haloumi Burger |
| Alternative Main Meal | Tomato & Basil Pasta Bake | Jacket Potato with Choice of Filling | Tomato & Basil Pasta Bake | Jacket Potato with Choice of Filling | Tomato & Basil Pasta Bake |
| Side Dishes | Vegetable Noodles or Mixed Rice, Peas and Sweetcorn | Diced Potatoes, Coleslaw and Mixed Salad | Stuffing, Mashed Potato, Carrots, Green Beans and Gravy | Pasta, Garlic Bread, Broccoli and Cauliflower | Chips or Mashed Potato, Baked Beans and Peas |
| Optional Daily Salad | Mixed Salad | Sweetcorn | Mixed Salad | Mixed Salad | Mixed Salad |
| Dessert | Chocolate Cookie, Orange Wedges and Glass of Welsh Milk | Banana Split | Yogurt and Summer Chopped Fruit | Carrot and Apple Muffin Fruit Wedges | Apple Crumble & Ice Cream |

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