

Carmarthenshire School Catering Service Primary Menu

(Effective from w/c 6th November to 3rd May 2024)

Week 1

Week commencing

6th Nov, 27th Nov, 18th Dec,
8th Jan 2024, 29th Jan, 19th Feb,
11th Mar, 8th Apr, 29th Apr

Monday

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

Broccoli and Peas
Garlic Bread

Homemade Oat Biscuit and
Glass of Milk

Tuesday

Breaded Chicken Wrap / Quorn Dipper
Wrap (v)

Baked Beans or Mixed Vegetables
Diced Potatoes

Fruit and Ice Cream

Wednesday

Roast Pork or Quorn Fillet (v)

Homemade Stuffing
Carrots and Cabbage
Selection of Potatoes, Gravy

Homemade Vanilla Muffin and Fruit Juice

Thursday

Homemade Loaded Pizza or Cheese and
Tomato Pizza (v)

Mixed Salad and Sweetcorn
Herby Potatoes

Homemade Marble Sponge and Custard

Friday

Salmon Fish Finger or Cheese
and Tomato Hot Wrap (v)

Baked Beans or Peas
Chips or Potatoes

Homemade Blondie, Sliced Banana
and Hot Chocolate Sauce

Week 2

Week commencing

13th Nov, 4th Dec,
15th Jan 2024, 5th Feb, 26th Feb,
18th Mar, 15th Apr

Monday

Welsh Pork Sausage / Sausage Pattie or
Vegetable Sausage (v)

Yorkshire Pudding
Carrots and Peas

Diced Potatoes or Mashed Potatoes and Gravy

Homemade Chocolate Cookie and
Glass of Milk

Tuesday

Homemade Beef Bolognaise
or Vegetarian Bolognaise (v)

Broccoli and Mixed Vegetables
Spaghetti and Garlic bread

Homemade Flapjack and Fruit Wedges

Wednesday

Roast Turkey or Quorn Fillet (v)

Homemade Stuffing
Carrots and Green Beans
Selection of Potatoes, Gravy

Llaeth Y Llan Yoghurt and Fruit

Thursday

Moroccan Chicken or
Moroccan Quorn Wrap (v)

Peas and Sweetcorn
Mixed Rice

Homemade Chocolate
Sponge and White Sauce

Friday

Fish Bites or
Quorn Dippers (v)

Baked Beans or Peas
Chips or Potatoes

Homemade Jam Bun and
Glass of Milk

Week 3

Week commencing

20th Nov, 11th Dec,
22nd Jan 2024, 4th Mar,
22nd Apr

Monday

Ham and Cheese or Cheese and Tomato
Pizza (v)

Baked Beans or Mixed Salad
Herby Potatoes

Homemade Sponge and
Chocolate Custard

Tuesday

Homemade Chicken Korma
or Quorn Korma (v)

Peas

Mixed Rice and Naan Bread
Homemade Chocolate Brownie
and Ice Cream

Wednesday

Roast Beef or Quorn Fillet (v)

Yorkshire Pudding
Carrots and Broccoli
Selection of Potatoes, Gravy

Welsh Cake and Glass of Milk

Thursday

Pork and Carrot Meatballs or
Vegetable Balls (v)

Homemade Tomato Sauce
Sweetcorn and Mixed Vegetables
Pasta and Garlic Bread

Homemade Shortcake Biscuit
and Sliced Apple

Friday

Seaside Salmon Wrap or
Quorn Burger Wrap (v)

Baked Beans or Peas
Chips or Potatoes

Homemade Chocolate Muffin
and Fruit 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 ensure pupils stay hydrated. 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. **IMPORTANT REMINDER:** If you child has a food allergy or intolerance, please contact your school to check that the information held on file regarding their dietary needs are up-to-date and correct.