



Primary School Meals Week 2

Make your own choices of mains and sides each day

Monday

Mains

-  Hot Dog Onions & Ketchup
-
- Tomato Pasta Bake with Garlic Bread 
-
- Fish Goujons (*non fried*)
-

Sides






Wedges (*non-fried*) or mashed potatoes and a choice of peas, coleslaw or salad bar

Dessert

Strawberry Flapjack

Tuesday

Mains

-  Curry or BBQ Chicken
-
-  Cauliflower Cheese 
-
-  Welsh Cheese Toasted Panini 
-

Sides




Rice, noodles or herb diced potatoes (*non-fried*) and a choice of corn on the cob, mixed vegetables or salad bar

Dessert

Fruit &  Ice Cream

Wednesday

Mains

-  Roast Turkey with Yorkshire Pudding
-
- Margherita Pizza 
-
- Meatball Baguette with BBQ Sauce 
-

Sides

Sage & thyme dry roast potatoes, mashed or boiled potatoes and a choice of carrots, cabbage, peas or salad bar

Dessert

Fruit flavoured Jelly

Thursday

Mains

- Jumbo Fish Finger
-
-  Macaroni Cheese 
-
- Filled Sandwich
-

Sides

Pommes noisettes or tomato & garlic cheese bread and a choice of sweetcorn, baked beans or salad bar

Dessert

Fruit Sponge & Custard

Friday

Mains

- Pork Meatballs
-
- Cheese Omelette 
-
- Cod & Salmon Fish Fingers (*non-fried*)
-

Sides

Wedges (*non-fried*) or crispy fries and a choice of peas, baked beans or salad bar





Dessert



Cookie & Fruit

On the Day

Depending on the availability of food items, cooks may need to change menu items. Meal options may include a filled jacket potatoes, pasta & sauce, sandwiches, baguettes or wraps, with salad and vegetables followed by a dessert.

Always Available

-  Semi Skimmed Milk | Drinking Water | Half Slices of Wholemeal Bread
-  Yoghurts |  Fresh Fruit | Tinned Fruit | Fruit with  Ice Cream

-  Welsh Produce
-  Vegetarian Option



Our Welsh Suppliers

