




# Primary School Meals Week 1

Make your own choices of mains and sides each day

## Monday

### Mains

 Beef Lasagne

 Cheese & Onion Savoury Bake 

Fish Goujons (*non fried*)

### Sides


Garlic bread or twisted potatoes and a choice of baked beans, peas or salad bar



### Dessert

Chocolate & Pear Brownie with Ice cream

## Tuesday

### Mains

French Pizza Bread 

 Ravioli in Tomato Sauce & Focaccia 

Filled Jacket Potato

### Sides


Wholemeal savoury rice or wedges (*non-fried*) and a choice of sweetcorn, green beans or salad bar


### Dessert

Fruit Crumble & Custard

## Wednesday

### Mains

 Beef and Yorkshire Pudding


Sausage and Yorkshire Pudding 

Pork Sausage

### Sides

Oven baked dry roast potatoes, mashed or boiled potatoes and a choice of carrots, cabbage, swede or salad bar


### Dessert

 Welsh Cake with Fruit Wedges

## Thursday

### Mains

Sweet Chilli Chicken


Margarita Pizza 

Filled Wrap

### Sides

Noodles or herb diced potatoes (*non-fried*) with a choice of BBQ beans, mixed vegetables or salad bar

### Dessert

 Yogurt

## Friday

### Mains

*Harry Ramsden's* Fish Portion

Beef or Quorn  Burger in a Bun

Filled Baguette

### Sides

Wedges (*non-fried*) or chipped potatoes and a choice of peas, corn on the cob or salad bar


### Dessert




Flapjack


## 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

