



PRIMARY MENU

WEEK 1

WEEK 2

WEEK 3

NAME:

SCHOOL:

**ALLERGY:
Peanut &
Tree Nut Free**

Also served daily:

- Fresh Fruit
- Wholemeal Bread
- Yoghurt
- Cheese & Biscuits
- Ice cream
- Semi-Skimmed Milk
- Water

**ONLY THE
FOOD STATED
ON THIS MENU
IS TO BE
SERVED**

<p>MONDAY</p> <p>Oven Baked Sausages or Italian Style Pasta or Jacket Potato topped with Cheese V Jacket Potato Wedges Sweetcorn or Garden Peas or Salad Chocolate Orange Sponge & Custard</p>	<p>MONDAY</p> <p>Oven Baked Fish Fillet or Chinese Chicken Sauté Potatoes or Noodles Garden Peas or Sweetcorn or Salad Marble Banana Sponge & Custard</p>	<p>MONDAY</p> <p>Savoury Meatballs in Tomato Sauce or Tuna & Sweetcorn Pasta Jacket Potato or Pasta Country Vegetable Medley or Salad Tropical Sponge & Custard</p>
<p>TUESDAY</p> <p>Chicken & Leek Casserole or Roast Beef & Yorkshire Pudding or Vegetable Casserole V Creamed Potatoes Green Beans or Diced Swede Arctic Roll & Peach Slices</p>	<p>TUESDAY</p> <p>Bolognaise & French Bread or Tuna & Cheese Melt or Assorted Filled Wraps Pasta or Jacket Potato Broccoli Florets or Diced Mixed Vegetables or Salad Fruity Coconut or Citrus Sponge Finger</p>	<p>TUESDAY</p> <p>Fish Fillet Fingers or Cheesy Topped Ranch Pie Boiled Potatoes or Seasoned Potatoes Mixed Diced Vegetables or Broccoli or Salad Arctic Roll & Fruit Slices</p>
<p>WEDNESDAY</p> <p>Haddock Bake or Mexican Chilli Vegetable Rice or Boiled Potatoes Baked Beans or Broccoli or Salad Jam & Cream Scone or Fruit Jelly & Cream Swirl</p>	<p>WEDNESDAY</p> <p>Macaroni & Broccoli Cheese or Pork Grill Creamed Potatoes Country Vegetables or Baked Beans/Tomatoes or Salad Fruity Topped Waffles or Fruit Jelly</p>	<p>WEDNESDAY</p> <p>Sliced Roast Pork & Sage & Onion Stuffing, Apple Sauce & Rich Gravy Sauce or Chicken & Lentil Stew or Vegetable Stew V Boiled or Creamed Potatoes Green Beans or Baton Carrots or Salad Raspberry Slice</p>
<p>THURSDAY</p> <p>Savoury Meatballs in Gravy or Cod & Salmon Fish Fingers Boiled Potatoes Spaghetti in Tomato Sauce or Country Vegetables or Salad Apple Crumble/Sponge & Custard</p>	<p>THURSDAY</p> <p>Oven Baked Lamb Grill or Roast Chicken & Stuffing Creamed Potatoes or Boiled Potatoes Shredded Cabbage or Baton Carrots or Salad Fruit Ripple Ice Cream or Rice Pudding</p>	<p>THURSDAY</p> <p>Wholemeal Cheese & Tomato Pizza V or Chicken & Vegetable Burrito Savoury Pasta or Jacket Potato Sweetcorn or Garden Peas or Salad Steamed Jam Sponge & Custard</p>
<p>FRIDAY</p> <p>Wholemeal Cheese & Tomato Pizza V or Chicken Korma/Tikka Wholegrain Rice or Chipped Potatoes Garden Peas or Sweetcorn Kernels or Salad Chocolate & Banana Cookies</p>	<p>FRIDAY</p> <p>Cod & Salmon Fishcake or BBQ Chicken Fillet or Jacket Potato topped with Cheese V Jacket Potato or Chipped Potatoes Garden Peas or Sweetcorn Kernels or Salad Banoffee Cupcake</p>	<p>FRIDAY</p> <p>Lemon Sole Grill or Hotdog or Jacket Potato topped with Cheese V Jacket Potato or Chipped Potatoes Baked Beans or Garden Peas or Salad Fruit Flapjack</p>

Cyngor Bwrdeistref Sirol

