

# Primary School Menu

June - July 2021

APPROVED



This menu has been nutritionally analysed in line with Welsh Government Guidance to meet pupils needs for protein, carbohydrates, fat, sugar and salt.

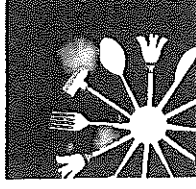
Denotes suitable for Vegetarians



Denotes suitable for Vegans



Arlwyo a Glanhau  
**NEWYDD**  
Catering & Cleaning



**MONDAY**  
Breaded Fish Stars  
Served with oven baked diced potatoes & garden peas  
\*Or\*  
Crispy Veggie Sticks  
Served with oven baked diced potatoes & garden peas  
Pudding: Lemon Muffin or Fresh Fruit

**TUESDAY**  
Ravioli in Tomato Sauce  
Served with sliced green beans & garlic bread.  
\*Or\*  
Salmon Tortelloni in Cheese Sauce  
Served with sliced green beans & garlic bread.  
Pudding: Raspberry Sponge or Fresh Fruit

**WEDNESDAY**  
Roast Dinner of the Day  
Served with roast potatoes & two seasonal veg.  
\*Or\*  
Veggie Roast Dinner of the Day  
Served with roast potatoes & two seasonal veg.  
Pudding: Cooks Fruit Cake or Fresh Fruit

**THURSDAY**  
Chicken Curry  
Served with vegetable rice.  
\*Or\*  
Vegetable Curry  
Served with vegetable rice.  
Pudding: Fresh Fruit and Yoghurt

**FRIDAY**  
Beef Burger in a Bun  
Served with chips & veg sticks.  
\*Or\*  
Vegan Burger in a Bun  
Served with chips & veg sticks.  
Pudding: Chocolate Sponge or Fresh Fruit

**MONDAY**  
Oven Baked Sausage  
Served with mash potato, carrots, peas & gravy.  
\*Or\*  
Veggie Sausage  
Served with mash potato, carrots, peas & gravy.  
Pudding: Cherry Crumble or Fresh Fruit

**TUESDAY**  
Hot BBQ Chicken Wrap  
Served with a hash brown & sweetcorn.  
\*Or\*  
Cheese & Vegetable Wrap  
Served with a hash brown & sweetcorn.  
Pudding: Chocolate Muffin or Fresh Fruit

**WEDNESDAY**  
Roast Dinner of the Day  
Served with roast potatoes & two seasonal veg.  
\*Or\*  
Veggie Roast Dinner of the Day  
Served with roast potatoes & two seasonal veg.  
Pudding: Fruit Flapjack or Fresh Fruit

**THURSDAY**  
Meatballs in Tomato Sauce  
Served with wholemeal pasta & garlic bread.  
\*Or\*  
Vegan Meatballs in Tomato Sauce  
Served with wholemeal pasta & garlic bread.  
Pudding: Fresh Fruit and Yoghurt

**FRIDAY**  
Oven Baked Fish Fillet  
Served with chips & veg sticks.  
\*Or\*  
Oven Baked Vegan Sticks  
Served with chips & veg sticks.  
Pudding: Baked Biscuit or Fresh Fruit

**MONDAY**  
Chicken Burger in a Bun  
Served with skin on wedges & coleslaw.  
\*Or\*  
Vegan Burger in a Bun  
Served with skin on wedges & coleslaw.  
Pudding: Blueberry Muffin or Fresh Fruit

**TUESDAY**  
Beef Bolognese  
Served with wholemeal pasta & garlic bread.  
\*Or\*  
Vegan Cannelloni  
Vegan pasta tubes filled with vegetables & served with garlic bread.  
Pudding: Fruit Jelly or Fresh Fruit

**WEDNESDAY**  
Roast Dinner of the Day  
Served with roast potatoes & two seasonal veg.  
\*Or\*  
Veggie Roast Dinner of the Day  
Served with roast potatoes & two seasonal veg.  
Pudding: Shortbread Biscuit or Fresh Fruit

**THURSDAY**  
Cheesy Wholemeal Pasta Bake with Tuna  
Served with garlic bread & veg sticks.  
\*Or\*  
Cheesy Wholemeal Pasta Bake  
Served with garlic bread & veg sticks.  
Pudding: Lemon Sponge or Fresh Fruit

**FRIDAY**  
Chicken Pizza  
Served with chips & veg sticks.  
\*Or\*  
Veggie Pizza  
Served with chips & veg sticks.  
Pudding: Chocolate Brownie or Fresh Fruit

## Sandwiches

Choose from the following fillings:

- Ham
- Cheese
- Tuna Mayo

Served with daily pudding and drink with fresh fruit and salad options where available.

## Freshly Cooked Jacket Potatoes

Choose from the following toppings:

- Baked Beans
- Cheese
- Tuna Mayo
- Cheese & Beans

Served with daily pudding and drink with fresh fruit and salad options where available.

DAILY  
OPTIONS

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